

143 The Compleat  
**COOK:**

Expertly Prescribing  
The most ready Wayes,

Whether { *Italian,*  
          { *Spanish* or }  
          { *French,* }

For dressing of *Flesh* and  
*Fish*, ordering of *Sauces*,  
or making of

**PASTRY.**



L O N D O N,  
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# The Compleat COOK:

Expertly Prescribing

The most ready Wayes,  
whether *Italian, Spanish* or  
*French*, for dressing of  
FLESH & FISH, &c.

To make a Posset, the Earl of  
Arundels way.



Take a quart of cream and a quarter of a nutmeg in it, then put it on the fire, and let it boyle a little while, and as it is boiling, take a Pot or Bason, that you mean to make your Posset in, and put in three spoonfulls of Sack, and some eight of  
A 2 Ale,

Ale, and sweeten it with Sugar, then set it over the Coles to warm a little while, then take it off and let it stand till it be almost cool, then put it into the pot or bason, and stir it a little, and let it stand to simmer over the fire an hour or more, for the longer the better.

*To boile a Capon larded with Lemons.*

**T**AKE a fair Capon and truss him, boil him by himselfe in fair water, with a little small Oat-meal, then take mutton broath, and half a pint of White-wine, a bundle of herbs, whole Mace, season it with verjuice, put marrow, dates, season it with Sugar, then take preserved Lemons and cut them like lard, and with a larding pin lard it in, then put the Capon in a deep dish, thicken your broth with Almonds, and pour it on the Capon.

*To bake Red Deer.*

**P**ARboil it, and then sauce it in vinegar, then lard it very thick, and season it with pepper, ginger, and nutmegs Put it into a deep Pie with good store of sweet butter, and let it bake, when it is baked take a pint of Hippocras, half a pound of

of sweet butter, two or three Nutmegs, a little Vinegar, pour it into the Pye in the Oven and let it lye and soak an hour, then take it out, and when it is cold stop the vent hole.

*To make fine Pan-cakes fryed without Butter or Lard.*

**T**AKE a pint of Cream, and six new laid Eggs, beat them very well together, put in a quarter of a pound of Sugar, and one Nutmeg or a little beaten Mace (whidd you please) and so much flour as will thicken almost as much as ordinarily Pan-cake batter; your Pan must be heated reasonable hot and wiped with a clean Cloth, this done put in your Batter as thick or thin as you please.

*To dresse a Pig the French manner.*

**T**AKE it and spit it, and lay it down to the fire, and when your pig is through warm, Skin her, and cut her off the Spit as another Pig is, and so divide it in twenty pieces more or less as you please; when you have so done, take some White-wine and strong broth, and stew it therein, with an Onyon or two mixed very small, a little

Time also minced with nutmeg sliced and grated Pepper, some Anchovies and Elder Vinegar, and a very little sweet Butter, and Gravy if you have it, so dish it up with the same liquor it is stewed in, with French Bread sliced under it, with Oranges and Lemons.

*To make a Steak Pie with a French Pudding in the Pie.*

**S**EASON your steaks with Pepper and nutmegs, and let it stand an hour in a tray then take a piece of the leanest of a Leg of Mutton, and mince it small with sewet and a few sweet herbs, tops of young Time, a branch of Penniroyal, two or three of red Sage, grated bread, yolks of Eggs, sweet Cream, Raisins of the Sun; work all together like a Pudding with your hand stiff, and rowl them round like balls, and put them into the steaks in a deep coffin, with a piece of sweet Butter; sprinkle a little Verjuice on it, bake it, then cut it up, and rowl sage leaves and fry them, and stick them upright in the walls, and serve your Pye without a cover, with the juyce of an Orange or Lemon.

*An excellent way of dressing fish.*

**T**AKE a piece of fresh Salmon, and wash it clean in a little vinegar and water, and let it lie a while in it, then put it into a great Pipkin with a cover, and put to it some six spoonfuls of water, and four of vinegar, and as much of white wine, a good deal of salt, a handful of sweet herbs, a little white sorrel, a few Cloves, a little stick of Cinnamon, a little Mace, put all these in a Pipkin close, and set it in a Kettle of seething water, and there let it stew three hours.

*You may do Carps, Eels, Trouts, &c. this way, and they taste also to your mind.*

*To frigate Sheeps feet.*

**T**AKE sheeps feet, slit the bone, and pick them very clean, then put them in a Frying-pan, with a Ladleful of strong Broth, a piece of Butter, and a little Salt, after they have fryed a while, put to them a little Parsley, green Chibals, a little young Speermint and Time, all shred very small, and a little beaten Pepper; when you

think they are fryed almost enough, have a lear made for them with the yolks of two or three Eggs, some gravy of Mutton, a little Nutmeg, and juyce of a Lemon wrung therein, and put this lear to the sheeps feet as they fry in the pan, then toss them once or twice, and put them forth into the Dish you mean to serve them in.

### *To fricate Calves Chaldrons.*

**T**AKE a Calves Chaldron, after it is little more then half boiled, and when it is cold, cut it into little bits as big as Walnuts; season it with beaten Cloves, Salt, Nutmeg, Mace, and a little Pepper, an Onion, Parsley and a little Tarragon, all shred very small, then put it into a frying-pan, with a Ladleful of strong broth, and a little piece of sweet butter, so fry it; when it is fryed enough, have a little lear made with the Gravy of Mutton, the juyce of a Lemon and Orange, the yolks of three or four Eggs, and a little Nutmeg grated therein; put all to your Chaldrons in the Pan, toss your fricate two or three times, then dish it, and so serve it up.

To

### *To Fricate Champigneons.*

**M**AKE ready your Champignons as you do for stewing, and when you have poured away the black Liquor that comes from them put your Champigneons into a Frying-Pan with a piece of sweet Butter, a little Parsley, Time, sweet Marjoram, a piece of Onyon shred very smal, a little Salt and fine beaten Pepper, so fry them till they be enough, so have ready the lear abovesaid, and put it to the Champigneons whilest they are in the Pan, toss them two or three times, put them forth and serve them.

### *To make Buttered Loaves.*

**T**AKE the yolks of twelve Eggs, and six whites, and a quarter of a pint of yeast when you have beaten the Eggs well, strain them with the yeast into a dish, then put to it a little Salt, and two rasés of Ginger beaten very smal, then put flower to it till it come to high Past that will not cleave then you must roul it upon your hands, and afterwards put it into a warm Cloth and let it lye there a quarter of an hour then make it up in little Loaves, bake it

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against it is baked, prepare a pound and a half of Butter, a quarter of a pint of white wine, and half a pound of Sugar; this being melted and beaten together with it, set them into the Oven a quarter of an hour.

*To murine Carps, Mallet, Gurnet, Rochet or Wale, &c.*

**T**AKE a quart of water to a gallon of vinegar, a good handfull of Bayleaves, as much Rosemary, a quarter of a pound of Pepper beaten; put all these together, and let it seeth softly, and season it with a little salt, then fry your fish with frying Oyl till it be enough, then put in an earthen vessel, and lay the Bay-leaves and Rosemary between and about the Fish, and pour the Breth upon it, and when it is cold, cover it, &c.

*To make a Calves Chaldron-Pie.*

**T**AKE a Calves Chaldron, half boyl it, and cool it, when it is cold mince it as small as grated bread, with half a pound of Marrow: season it with salt, beaten Cloves, Mace, Nutmeg, a little Onyon, and some of the outmost rinde of a Lemon minced

minced very small, and wring in the juyce of half a Lemon, and then mix all together, then make a piece of puff paste, and lay a leaf thereof in a silver dish of the bigness to contain the meat, then put in your meat, and cover it with another leaf of the same paste, and bake it; and when it is baked take it out and open it, and put in the juyce of two or three Oranges, stir it well together, then cover it again and serve it. Be sure none of your Orange kernels be among your Py-meat.

*To make a Pudding of a Calves Chaldron.*

**T**AKE your Chaldron after it is half boiled and cold, mince it as small as you can with half a pound of beef-suet, or as much marrow, season it with a little onion, Parsley, Tyme, and the outmost rinde of a piece of Lemon, all shred very small, Salt, beaten Nutmeg, Cloves and Mace, mixed together, with the yolks of four or five Eggs, and a little sweet Cream; then have ready the great guts of a Mutton scraped and washed very clean; let your Gut have lain in white-wine and Salt half a day before you use it; when your meat is mixed and made up somewhat stiff, put it into the sheeps gut, and so boyl it.

when it is boiled enough, serve it to the Table in the Gut.

*To make a Banbury Cake.*

**T**ake a peck of pure Wheat-flower six pound of Currans, half a pound of Sugar, two pound of Butter, half an ounce of Cloves and Mace, a pint and a half of Ale-yeast, and a little Rose-water; then boil as much new milk as will serve to knead it, and when it is almost cold, put into it as much Sack as will thicken it, and so work it all together before a fire, pulling it two or three times in pieces, after make it up.

*To make a Devonshire White-pot.*

**T**ake a pint of Cream and strain four Eggs into it, and put a little Salt and a little sliced Nutmeg, and season it with Sugar somewhat sweet, then take almost a penny Loaf of fine bread sliced very thin, and put it into a Dish that will hold it, the Cream and the Eggs being put to it, then take a handful of Raisins of the Sun being boiled, and a little sweet Butter, so bake it.

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*To make Rice Cream.*

**T**ake a quart of Cream, two good handfuls of Rice-flower, a quarter of a pound of Sugar and flower beaten very small, mingle your Sugar and flower together, put it into your Cream, take the yolk of an Egg, beat it with a spoonful or two of Rose-water, then put it to the Cream, and stir all these together, and set it over a quick fire, keeping it continually stirring till it be as thick as water-pap.

*To make a very good great Oxfordshire Cake.*

**T**ake a peck of flour by weight, and dry it a little, and a pound and a half of Sugar, an ounce of Cinamon, half an ounce of Nutmegs, a quarter of an ounce of Mace and Cloves, a good spoonful of Salt, beat your Salt and Spice very fine, and searce it, and mix it with your flower and Sugar; then take three pound of Butter and work it in the flour, it will take three hours working; then take a quart of Ale-yeast, two quarts of Cream, half a pint of Sack, six grains of Ambergreese dissolved in it, half a pint

pint of Rosewater, sixteen Eggs, eight of the whites, mix these with the flowr, and knead them well together, then let it lie warm by your fire till your Oven be hot, which must be little hotter than for manchet; when you make it ready for your oven, put to your Cake six pound of currans, two pound of Raisins of the Sun stoned and minced, so make up your cake, and set it in your oven stopt close; it will take three hours baking; when baked, take it out and frost it over with the white of an Egg and Rosewater well beat together, and strew fine sugar upon it, and then set it again into the oven, that it may ice.

*To make a Pumpkin Py.*

**T**AKE about half a pound of Pumpkin and slice it, a handfull of Time, a little Rosemary, Parsley, and sweet Marjoram, stripped off the stalks, and chop them small then take Cinamon, Nutmeg, Pepper, and six Cloves, and beat them; take ten Eggs and beat them, then mix them, and beat them altogether, and put in as much sugar as you think fit, then fry them like a froiz; after it is tried, let it stand till it be cold; then fill your Pye, take sliced Apples thin round ways, and lay a row of the Froiz, and a layer of Apples, with Currans

Currans betwixt the layer while your pie is fitted, and put in a good deal of sweet butter before you close it; when the pie is baked, take six yolks of Eggs, some whitewine or Verjuyce, and make a Caudle of this, but not too thiek; cut up the lid and put it in, stir them well together whilst the Eggs and Pumpions be not perceived, and so serve it up.

*To make the best Sausages that ever were eat.*

**T**AKE a Leg of young Pork, and cut off all the lean, and shred it very small, but leave none of the strings or skins amongst it, then take two pound of Beef-sewet and shred it small, then take two handfulls of red Sage, a little Pepper and Salt, and Nutmeg, and a small piece of an Onyon, chop them altogether with the flesh and sewet; if it is small enough, put the yolk of two or three Eggs, and mix altogether, and make it up in a paste if you will use it, rowl out as many pieces as you please in the form of an ordinary Sausage, and so fry them: this paste will keep a fortnight upon occasion.



*To boyl a fresh Fish.*

**T**AKE a Carp, or other, and put them into a deep dish, with a pint of White-Wine, a large Mace, a little Time, Rosemary, a piece of sweet Butter, and let him boyl between two dishes in his own blood; season it with Pepper and Verjuyce, and so serve it up on sippets.

*To make Fritters.*

**T**AKE half a pint of Sack, a pint of Ale, some Ale-yeast, nine Eggs, yolks and whites, beat them very well the Eggs first, then altogether, put in some Ginger, and Salt, and fine flower, then let it stand an hour or two, then shred in the Apples; when you are ready to fry them, your suet must be all Beef-suet, or half Beef, and half Hoggs-suet dried out of the leaf.

*To make Loaves of Cheese-Curds.*

**T**AKE a Porringer full of Curds, and four Eggs, whites and yolks, and so much flour as will make it stiff, then take a little Ginger, Nutmeg and some Salt, make them into loaves, and set them into an oven with a quick

a quick heat; when they begin to change colour take them out, and put melted butter to them, and some Sack, and good store of Sugar, and so serve it.

*To make fine Pies after the French Fashion.*

**T**AKE a pound and a half of Veal, two pound of Suet, two pound of great Raisins stoned, half a pound of Prunes, as much of Currans, six Dates, two Nutmegs, a spoonful of Pepper, an ounce of Sugar, an ounce of Garawayes, a Saucer of Verjuyce, and as much Rose-water, this will make three fair Pyes, with two quarts of flour, three yolks of Eggs, and a half pound of Butter.

*A singular Receipt for making a Cake.*

**T**AKE half a peck of flour, two pound of Butter, mingle it with the flour, three Nutmegs, and a little Mace, Cinamon, Ginger, half a pound of Sugar, leave some out to strew on the top, mingle these well with the flour and Butter, five pound of Currans well washed, and pickt, and dyed in a warm Cloth, a wine-pint of Ale-yeast, six Eggs leave out the whites, a quart of Cream boyled and almost cold again:

work

work it well together, and let it be very lish, lay it in a warm Cloth, and let it lye half an hour against the fire. Then make it up with the white of an Egg, a little Butter, Rosewater and Sugar; ice it over and put it into the oven, and let it stand one whole hour and half.

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*To make a great Curd-Loaf.*

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**T**AKE the Curds of three quarts of new milk clean wheyed, and rub into them a little of the finest flower you can get, then take half a race of Ginger, and slice it very thin, and put it into your Curds with a little salt, then take half a pint of good Ale-Yeast and put to it, then take ten Eggs, but three of the whites, let there be so much flour as will make it into a reasonable stiff paste, then put it into an indifferent hot cloth, and lay it before the fire to rise while your Oven is heating, then make it up into a Loaf, and when it is baked, cut up the top of the Loaf, and put in a pound and a half of melted Butter, and a good deal of Sugar in it.

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*To make buttered loaves of Cheese-curds.*

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**T**AKE three quarts of new milk, and put in as much Rennet as will turn, take your whey clean away, then break your curds very small with your hands, and put in six yolks of Eggs, but one white; an handful of grated bread, an handful of flower, a little salt mingled altogether; work it with your hand, rowl it into little Loaves, then set them in a Pan buttered, then beat the yolk of an egg with a little beer, and wipe them over with a feather, then set them in the oven as for manchet, and stop that close three quarters of an hour, then take half a pound of Butter, three spoonfuls of water, a nutmeg sliced thin, a little sugar, set it on the fire, stir it till it be thick when your loaves are baked, cut off the tops and butter them with this Butter, some under, some over, and strow some sugar on them.

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*To make Cheese-loaves.*

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**G**RATE a wheat loaf, and take as much curd as bread, to that put eight yolks of Eggs, and four whites, and beat them very well, then take a little Cream, but let it

it be very thick, put altogether, and make them up with two handfulls of flour; the Curds must be made of new Milk and whayed very dry, you must make them like little Loaves and bake them in an Oven; and being baked cut them up, and have in readines some sweet Butter, Sugar, Nutmeg sliced and mingled together; put it into the Loaves, and with it stir the Cream well together, then cover them again with the tops, and serve them with a little Sugar scraped on.

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*To make Puff.*

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**T**AKE four pints of new Milk, Rennet, take out all the Whay very clean, and wring it in a dry Cloth, then strain it in a wooden Dish till they become as Cream, then take the yolks of two Eggs, and beat them and put them to the Curds, and leave them with the Curds, then put a spoonful of Cream to them, and if you please half a spoonful of Rose-water, and as much flour beat in it as will make it of an indifferent stiffness, just to roul on a Plate, then take off the Kidney of Mutton-suet and purifie it, and fry them in it, and serve them in with Butter, Rose-water and Sugar.

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*To make Elder Vinegar.*

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**G**ATHER the flowers of elder, pick them very clean, and dry them in the Sun on a gentle heat, and take to every quart of vinegar a good handfull of flowers, and let it stand to Sun a fortnight, then strain the vinegar from the flowers, and put it into the barrel again, and when you darw a quart of vinegar, draw a quart of water, and put it into the barrel lukewarm.

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*To make good Vinegar.*

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**T**AKE one strike of Malt, and one of Rye ground, and mash them together, and take (if they be good) three pound of Hops, if not four pound; make two Hogs-heads of the best of that Malt and Rye, then lay the Hogs-heads where the Sun may have power over them, and when it is ready to tun, fill your Hogshead where they lie: then let them purge clear, and cover them with two slate stones, and within a week after when you bake, take two wheat loaves hot out of the oven, and put into each Hogshead a loaf; you must use this four times, you must brew this in April, and let

let it stand till *June*, then draw them clearer, then wash the Hogsheds clean, and put the beer in again, if you will have it Rose-vinegar, you must put in a strike and a half of Roses, if elder-venegar, a peck of the flowers; if you will have it white, put nothing in it after it is drawn, and so let it stand till *Michaelmas*; if you will have it coloured red, take four gallons of strong Ale as you can get, and elder-berries picked a few full clear, and put them in your pan with the Ale, set them over the fire till you guess that a pottle is wasted, then take it off the fire, & let it stand till it be stone cold, & the next day strain it into the Hogsheds, then lay them in a Cellar or Buttery, which you please.

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*To make a Coller of Beef.*

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**T**AKE the thinnest end of a coast of beef boil it & lay it in pump-water, and a little Salt three days, shifting it once every day, and the last day put a pint of Claret wine to it, and when you take it out of the water, let it lye two or three hours draining, then cut it almost to the end in three slices, then bruise a little Cochineal, and a very little allum and mingle it with the claret wine, and colour the meat all over

ver with it, then take a dozen of Anchovies, wash them and bone them, and lay them into the beef, and season it with Cloves, Mace, & Pepper, and two handfuls of salt, and a little sweet marjoram, and Time, and when you make it up, roul the innermost slice first, and the other two upon it, being very well season'd every where and binde it hard with tape, then put it into a stone pot, something bigger then the coller, and pour upon it a pint of Claret-wine, and half a pint of wine-vinegar, a sprig of Rosemary, and a few bay leaves, and bake it very well; before it be quite cold, take it out of the pot, and you may keep it dry as long as you please.

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*To make an Almond Pudding.*

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**T**AKE two or three French Rowls, or white penny bread, cut them in slices, and put to the bread as much cream as will cover it, put it on the fire till your cream and bread be very warm, then take a ladle or spoon & beat it very well together, put to this twelve eggs, but not above four whites, put in beef suet, or marrow, according to your discretion, put a pretty quantity of Currans and Raisons, season the Pudding with nutmeg, mace, salt, and sugar,

Sugar, but very little flower, for it will make it sad and heavy; make a piece of puff paste as much as will cover your dish, so cut it very handesomely what fashion you please; butter the bottom of your dish, put the pudding into the dish, set it in a quick oven, not too hot as to burn it, let it bake till you think it be enough, serape on sugar, and serve it up,

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*To boil Cream with French Barley.*

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**T**AKE the third part of a pound of French Barley, wash it well with fair water, and let it lie all night in fair water, in the morning set two skillets on the fire with fair water, and in one of them put your Barly, and let it boil till the water look red, then put the water from it, and put the Barley into the other warme water, thus boil it and change it with fresh warm water till it boil white, then strain the water clean from it then take a quart of Cream, put into it a nutmeg or two quartered, a little large mace and some sugar, and let it boil together a quarter of an hour, and when it hath thus boiled, put into it the yolks of three or four Eggs, well beaten with a little

little Rose-water, then dish it forth, and eat it cold.

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*To make Cheese-Cakes.*

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**T**AKE three Eggs and beat them very well, and as you beat them, put to them as much fine flower as will make them thick, then put to them three or four Eggs more, and beat them altogether; then take one quart of Cream, and put into it a quarter of a pound of sweet Butter, and set them over the fire, and when it begins to boyl, put to it your Eggs and flower, stir it very well, and let it boyl till it be thick, then season it with Salt, Cinnamon, Sugar and Currans and bake it.

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*To make a Quaking Pudding.*

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**T**AKE a pint and somewhat more of thick Cream, ten Eggs, put the whites of three, beat them very well with two spoonfuls of Rose-water: mingle with your Cream three spoonfuls of fine flower: mingle it so well, that there be no lumps in it, put it altogether, and season it according to your Tast: Butter a Cloth very well, and let it be thick that it may not run out, and let it boyl for

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half

half an hour as fast as you can, then take it up and make Sauce with Butter, Rose-water and Sugar, and serve it up.

*You may stick some blanched Almonds upon it if you please.*

### *To Pickle Cucumbers.*

**P**ut them in an Earthen Vessel, lay first a Lay of Salt and Dill, then a Lay of Cucumbers, and so till they be all Layed, put in some Mace and whole Pepper; and some Fennel-seed according to direction, then fill it up with Beer-Vinegar, and a clean board and a stone upon it to keep them within the pickle, and so keep them close covered, and if the Vinegar is black, change them into fresh.

### *To Pickle Broom Buds.*

**T**ake your Buds before they be yellow on the top, make a brine of Vinegar and Salt, which you must do only by shaking it together till the Salt be melted, then put in your Buds, and keep stirred once in a day till they be sunk within the Vinegar, be sure to keep close covered.

To

*To keep Quinces raw all the year.*

**T**ake some of the worst Quinces and cut them into small pieces, and Coares and Parings, boyl them in Water, and put to a Gallon of Water, some three spoonfuls of Salt, as much Honey; boyl these together till they are very strong and when it is cold, put it into half a pint of Vinegar in a wooden Vessel or Earthen Pot; and take then as many of your best Quinces as will go into your Liquor, then stop them up very close that no Aire get into them, and they will keep all the year.

### *To make a Gooseberry Fool.*

**T**ake your Gooseberries, and put them in a Silver or Earthen Pot, and set it in a Skillet of boyling Water, and when they are coddled enough strain them, then make them hot again, when they are scalding hot beat them very well with a good piece of fresh Butter, Rose-water and Sugar, and put in the yolk of two or three Eggs; you may put Rose-water into them and so stir it altogether, and serve it to the Table when it is cold.

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To

*To make an Oatmeal Pudding.*

**T**AKE a Porringer full of Oatmeal beaten to flower, a pint of Cream, one Nutmeg, four Eggs beaten, three whites, a quarter of a pound of Sugar, a pound of Beef-suet well minced, mingle all these together, and so bake it. An hour will bake it.

*To make a green Pudding.*

**T**AKE a penny Loaf of stale Bread, grate it, put to half a pound of Sugar, grated Nutmeg, as much Salt as will season it, three quarters of a pound of Beef-suet shred very smal: then take sweet Herbs, the most of them Marigolds, eight Spinages: shred the Herbs very smal, mix all well together then take two Eggs and work them up together with your hand, and make them into round Balls, and when the water boyles put them in, serve them with Rose-water, Sugar, and Butter or Sauce.

To

*To make good Sausages.*

**T**AKE the lean of a Leg of Pork, and four pound of Beef-suet, or rather butter, shred them together very smal, then season it with three quarters of an ounce of Pepper, and half an ounce of Cloves and Mace mixed together, as the Pepper is, a handfull of Sage when it is chopt smal, and as much salt as you think will make them tast well of it; mingle all these with the meat, then break in ten Eggs, all but two or three of the whites, then temper it all well with your hands, and fill it into Hogs guts, which you must have ready for them; you must tye the ends of them like Puddings, and when you eat them you must boyl them on a soft fire; a hot will crack the skins, and the goodness boyl out of them.

*To make Toasts.*

**C**Ut two penny Loaves in round slices, and dip them in half a pint of Cream or cold water, then lay them abroad in a Dish, and beat three Eggs and grated Nutmeg, and Sugar, beat them with

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the Cream, then take your frying Pan and melt some butter in it, and wet one side of your Toasts and lay them in on the wet side then pour in the rest upon them, and so fry them; send them in with Rose-water, butter and sugar.

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*Spanish Cream.*

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**P**Ut hot water in a Bucket and go with it to the Milking, then pour out the Water and instantly milk into it, and presently strain it into milk-Pans of an ordinary fulness, but not after an ordinary way, for you must set your Pan on the ground and stand on a stool, and pour it forth that it may rise in bubbles with the fall; this on the morrow will be a very tough Cream, which you must take off with your Skimmer, and lay it in the Dish, laying upon laying; and if you please strew some sugar between them.

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*To make Clouted Cream.*

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**T**Ake four quarts of milk, one of Cream, six spoonfuls of Rose-water, put these together in a great earthen Milk-Pan, set it upon a fire of Charcoal well kindled, you must be sure

sure the fire be not too hot; then let it stand a day and night; and when you go to take it off, loose the edge of your Cream round about with a Knife, then take your board, and lay the edges that is left beside the board, cut into many pieces, and them into the Dish first, and scrape some fine Sugar upon them, then take your board and take off your Cream as clean from the Milk as you can, and lay it upon your Dish, and if your Dish be little, there will be some left, the which you may put into what fashion you please, and scrape good store of Sugar upon it.

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*A good Cream.*

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**W**HEN you Churn Butter, take out six spoonfuls of Cream, just as it is to turn to Butter, that is, when it is a little frothy; then boyl good Cream as much as will make a Dish, and season it with Sugar, and a little Rose-water; when it is quite cold enough, mingle it very well with that you take out of the Churn, and so Dish it.



*To make Piramidis Cream.*

**T**AKE a quart of water, and six ounces of Harts-Horn, and put it into a Bottle with Gum-dragon, and Gum-arabick, of each as much as a smal Nut, put all this into the Bottle, which must be so big as will hold a pint more; for if it be full it will break; stop it very close with a Cork, and tye a cloth about it, put the Bottle into a pot of beef when it is boyling, and let it boyl three hours, then take as much Cream as there is jelly, and half a pound of Almonds well beaten with Rose-water, so that you cannot discern what they be, mingle the Cream and the Almonds together, then strain it, and do so two or three times to get all you can out of the Almonds, then put jelly when it is cold into a silver Bason, and the Cream to it; sweeten it as you like, put in two or three grains of Musk and Amber-greece; set it over the fire, stirring it continually and skimming it, till it be seething hot, but let it not boyl, then put it into an old fashion drinking-Glasse, and let it stand till it is cold, and when you will use it, hold your Glasse in a warm hand, and loosen it with a Knife, and whelm it into a Dish, and have

have in readines Pine-Apple blown, and stick it all over, and serve it in with Cream or without as you please.

*To make a Sack Cream.*

**S**ET a quart of Cream on the fire, when it is boyled, drop in a spoonful of Sack and stir it well the while, that it curd not, so do till you have dropped in six spoonfuls, then season it with Sugar, Nutmeg, and strong water.

*To boyl Pigeons.*

**S**TUFF the Pigeons with Parsley, and Butter, and put them into an Earthen Pot, and put some sweet Butter to them and let them boyl; take Parsley, Time and Rosemary, chop them and put them to them; take some sweet Butter, and put in withall some Spinage, take a little gross Pepper and Salt, and season it withall, then take the yolk of an Egg and strain it with Verjuice, and put to them, lay sippets in the Dish and serve it.

*To make an Apple Tansey.*

**T**AKE your Apples and cut them in thin round slices, then fry them in good sweet Butter, then take ten Eggs, sweet Cream, Nutmeg, Cinamon, Ginger, Sugar, with a little Rose-water, beat all these together, and pour it upon your Apples and fry it.

*The French-Barly Cream.*

**T**AKE a quart of Cream, and boyl in a Porrenger of French Barly, that hath been boyled in nine waters, put in some large Mace and a little Cinamon, boyling it a quarter of an hour; then take two quarts of Almonds blanch'd, and beat it very small with Rose-water, or Orange-water, and some Sugar; and the Almonds being strained into the Liquor, put it over the fire, stirring it till it be ready to boyl; then take it off the fire, stirring it till it be half cold; then put to it two spoonfuls of Sack or White-wine, and when it is cold, serve it in, remembring to put in some Salts.

To

*To make a Chicking or Pigeon Pye.*

**T**AKE your pigeons (if they be not very young) cut them into four quarters, one sweet-bread sliced the long way, that it may be thin, and the pieces not too big, one Sheeps tongue, little more than parboyl'd, and the skin puld off, and the tongue cut in slices, two or three slices of Veal, as much of Mutton, young Chickens (if not little quarter them, Chick-heads, Lark, or any such like, Pullets, Coxcombs, Oysters, Calves-Udder cut in pieces good store of Marrow for seasoning, take as much Pepper and Salt as you think fit to season it slightly; good store of sweet Marjoram, a little Time and Lemon-Pill fine sliced; season it well with these Spices as the time of the year will afford; put in either of Chestnuts (if you put in Chestnuts they must first be either boyl'd or roasted) Gooseberries or Guage, large Mace will do well in this Pye, then take a little piece of Veal parboyl'd and slice it very fine, as much marrow as meet stirred amongst it, then take grated Bread; as much as a quarter of the meat, four yolks of Eggs or more according to the stufte you make

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shred Dates as small as may be, season it with salt, but not too salt, Nutmeg as much as will season it, sweet Marjoram pretty store very small shred, work it up with as much sweet Cream as will make it up in little Puddings, some long, some round, so put as many of them in the Pye as you please; put therein two or three spoonfuls of Gravy of Mutton, or so much strong Mutton broth before you put it in the Oven the bottome of boyled Artichokes, minced Marrow, over and in the botom of the Pye after your Pye is baked; when you put it up, have some five yolks of Eggs minced, and the juyce of two or three Oranges, the meat of one Lemon cut in pieces, a little White and Claret Wine; put this in your Pye being well mingled, and shake it very well together.

To

*To boyl a Capon or Hen.*

**T**AKE a young Capon or Hen, when you draw them, take out the fall of the Leaf clean away, and being well washed, fill the belly with Oysters; prepare some Mutton, the Neck, but boyl it in smal pieces and skim it well, then put your Capon into the Pipkin, and when it is boyled skim't again; be sure you have no more water then will cover your meat, then put it into a pint of White-Wine, some Mace, two or three Cloves and whole Pepper; a quarter of an hour before your meat be boyled enough, put into the Pipkin three Anchoves stript from the Bones and washed, and be sure you put Salt at the first to your meat; a little Parsley, Spinage, Endive, Sorrell, Rosemary, or such kind of Herbs will do well to boyl with the Broth, and being ready to Dish it, having sippets cut, then take the Oysters out of the Capon, and lay them in the Dish with the Broth, and put some juyce of Lemons and Orange into it according to your taste.

To

*To make Bals of Veal.*

**T**ake the lean of a Leg of Veal, and cut out the Sinews, mince it very smal, and with it some fat of Beef suet; if the Leg of Veal be of a Cow Calf, the Udder will be good instead of Beef suet; when it is very well beaten together with the mincing Knife, have some Cloves, Mace, and Pepper beaten, and with Salt season your meat, putting in some Vinegar, then make up your meat into little Balls, and having very good strong Broth made of Mutton, set your Balls to boyl in it; when they are boyled enough, take the yolks of five or six Eggs well beaten with as much Vinegar as you please to like, and some of the Broth mingled together, stir it into all your Bals and Broth, give it a warm on the fire, then Dish up the Bals upon Sippets and pour the sauce on it.

*To make Mrs. Shellyes Cake.*

**T**ake a peck of fine flower, and three pound of the best Butter, work your flower and butter very well together, then take

take ten Eggs, leave out six whites, a pint and a half of Ale-yeast: beat the Eggs and yeast together, and put them to the flower, take six pound of blanched Almonds, beat them very well, putting in sometime Rose-water to keep them from Oyling; adde what spice you please; let this be put to the rest, with a quarter of a pint of Sack, and a little Saffron; and when you have made all this into Past, cover it warm before the fire, and let it rise for half an hour, then put in twelve pound of Currants well washed and dryed, two pound of Raisins of the Sun stoned and cut smal, one pound of Sugar; the sooner you put it into the Oven after the fruit is put in, the better.

*To make Almond Jumballs.*

**T**ake a pound of Almonds to half a pound of double refined Sugar beaten and Searced, lay your Almonds in water a day before you blanch them, and beat them small with your Sugar; and when it is beat very smal, put in a handfull of Gum-dragon, it being before overnight steeped in Rose-water, and half a white of an Egge beaten to froth, and halfe a spoonfull of Coriander-seed

as many Fennel and Ani-seeds, ming'e these together very well; set them upon a soft fire till it grow pretty thick, then take it off the fire; and lay it upon a clean Paper, and beat it well with a Rowling Pin till it work like a soft paste, and so make them up, and lay them upon Papers oyld with Oyl of Almonds, then put them in your Oven, and so soon as they be thoroughly risen, take them out before they grow hard.

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*To make Cracknels.*

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**T**AKE half a pound of fine flower, dried and searched, as much fine sugar searched, mingled with a spoonful of Coriander seed bruised, half a quarter of a pound of Butter rubbed in the Flower and Sugar, then wet it with the yolks of two Eggs, and half a spoonful of white Rose-water; a spoonful or little more of Cream as will wet it; knead the Past till it be soft and limber to rowl well, then rowl it extream thin, and cut them round by little plates; lay them upon buttered Papers, and when they go into the Oven, prick them, and wash the Top with the yolk of an Egg beaten, and made thin with Rose-water or fair water

water; they will give with keeping, therefore before they are eaten, they must be dried in a warm Oven to make them crisp.

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*To pickle Oysters.*

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**T**AKE Oysters and wash them clean in their own Liquor, then let them settle, then strain it, and put your Oysters to it with a little Mace and whole Pepper, as much Salt as you please, and a little Wine-vinegar, then set them over the fire, and let them boyl leisurely till they are pretty tender; be sure to skim them still as the skim riseth; when they are enough, take them out till the Pickle be cold, then put them into any pot that will lye close, they will keep best in Caper Barrels, they will keep very well six weeks.

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*To boyl Cream with Codlings.*

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**T**AKE a quart of Cream and boyl it with some Mace and Sugar, and take two yolks of Eggs, and beat them well with a spoonfull of Rose-water

and a grain of Amber-greese, then put it into the Cream with a piece of sweet Butter as big as a Wall-nut, and stir it together over the fire until it be ready to boyl, then set it some time to cool, stirring it continually till it be cold; then take a quarter of a pound of Codlings strained, and put them into a silver Dish over a few coals till they be almost dry, and being cold, and the Cream also, pour the Cream upon them, and let them stand on a soft fire covered an hour, then serve them in.

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*To make the Lady Albergavers Cheefe.*

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**T**O one Cheefe take a Gallon of new Milk, and a pint of good Cream, and mix them well together, then take a Skillet of hot water as much as will make it hotter then it comes from the Cow, then put in a spoonful of Rennet, and stir it well together and cover it, and when it is come, take a wet Cloth and lay it on your Cheefe-Mot, and take up the Curd and not break it; and put it into your Mot; and when your Mot is full, lay on the Suiker, and every two hours turn your Cheefe in wet Cloathes wrung dry; and lay on a little more wet, at night take

take as much salt as you can between your Finger and Thumb, and salt your Cheefe on both sides; let them lye in Presses all night in a wet Cloth; the next day lay them on a Table between a dry Cloth, the next day lay them in Grasse, and every other day change your grasse, they will be ready to eat in nine dayes: if you will have them ready sooner, cover them with a Blanket.

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*To dress Snails.*

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**T**AKE your Snails (they are no way so as in Pottage) and wash them well in many waters, and when you have done put them in a white Earthen Pan, or a very wide Dish, and put as much water to them as will cover them, and then set your Dish or Pan on some coals, that it may heat by little and little, and then the Snails will come out of the shells and so dye, and being dead, take them out, and wash them very well in Water and Salt twice or thrice over; then put them in a Pipkin with Water and Salt, and let them boyl a little while in that, so take away the rude slime they have, then take them out again and put them in a Cullender; then take excellent sallet Oyl

Oyle and beat it a great while upon the fire in a frying Pan, and when it boyles very fast, slice two or three Onyons in it and let them fry well, then put the Snailles in the Oyle, and Onyons, and let them stew together a little, then put the Oyle, Onyons, and Snailles altogether in an earthen Pipkin of a fit size for your Snailles, and put as much warm water to them as will serve to boyle them, and make the Potage and season them with Salt, and so let them boyle three or four hours; then mingle Parsley, Penny-royal, Fennel, Time, and such Herbs, and when they are minced put them in a Morter, and beat them as you do for Green-sauce, and put in some crumbs of bread soaked in the Pottage of the Snailles, and then dissolve it all in the Mortar, with a little Saffron and Cloves well beaten, and put in as much Pottage into the Morter as will make the Spice and Bread and Herbs like thickning for a Pot, so put them all into the Snails, and let them stew in it, and when you serve them up, you may squeeze into the Pottage a Lemon, and put in a little Vinegar, or if you put in a Clove of Garlick among the Herbs, and beat it with them in the Morter, it will not tast the worse; serve them up in a Dish

Dish with sippets of Bread in the bottom. The Pottage is very nourishing, and they use them that are apt to a Consumption.

*To boyl a Rump of Beef after the French Fashion.*

TAke a Rump of Beef, or the little end of the Brisket, and parboyl it half an hour, then take it up and put it in a deep Dish, then slash it in the side that the gravy may come out, then throw a little Pepper and Salt between every cut, then fill up the Dish with the best Claret wine, and put to it three or four pieces of large Mace, and set it on the coals close covered, and boyl it above an hour and a half, but turn it often in the mean time; then with a spoon take off the fat and fill it with Claret wine, and slice six Onyons, and a handful of Capers or Broom buds, half a dozen of hard Lettice sliced, three spoonfuls of wine-vinegar and as much verjuice, and then set it a boyling with these things in it till it be tender, and serve it up with brown Bread and Sippets fryed with butter, but be sure there be not too much fat in it when you serve it.

*An excellent way of dressing of Fish.*

**T**AKE a piece of fresh Salmon, and wash it clean in a little Vinegar and Water, and let it lye a while in it, in a great Pipkin with a cover, and put to it six spoonfuls of Water and four of Vinegar, as much of white Wine, a good deal of Salt, a bundle of sweet Herbs, a little whole spice, a few Cloves, a little stick of Cinamon, a little Mace, take up all these in a Pipkin close and set in a Kettle of seething Water, and there let it stew three hours. You may do Carps, Eeles, Trouts, &c. this way, alter the taste to your mind.

*To make Fritters of Sheeps Feet.*

**T**AKE your sheeps Feet, slit them and set them a stewing in a silver Dish with a little strong Broth and Salt, with a stick of Cinamon, two or three Cloves, and a piece of an Orange Pill: when they are stewed, take them from the liquor and lay them upon a Pye-plate cooling: when they are cold, have some good Fritter-batter made with Sack, and dip them therein: then have ready to fry

fry them, some excellent clarified Butter very hot in a Pan, and fry them therein; when they are fryed wring in the juyce of three or four Oranges, and tosse them once or twice in a Dish, and so serve them to the Table.

*To make dry Salmon Calvert  
in the boyling.*

**T**AKE a Gallon of Water, put to it a quart of Wine or Vinegar, Verjuyce of four Beer, and a few sweet herbs and Salt, and let your Liquor boyl extream fast, and hold your Salmon by the Tayl, and dip it in, and let it have a walm, and so dip it in, and out a dozen times, and that will make your Salmon Calvert, and so boyl it till it be tender.

*To make Bisket Bread.*

**T**AKE a pound of Sugar searced very fine, and a pound of flower well dried, and twelve Eggs, a handful of Carroway-seed, six whites of Eggs, a very little Salt, heat all these together, and keep them with beating till you set them in the Oven, then put them into your  
Plates



Plates or Tin things, and take Butter and put into a Cloth and rub your Plate; a Spoonful into a Plate is enough, and so set them into the Oven, and let your Oven be no hotter then to bake smal Pyes; if your flower be not dryed in the Oven before, they will be heavy.

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*To make an Almond Pudding.*

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**T**AKE your Almonds when they are blanched, and beat them as many as will serve for your Dish, then put to it four or five yolks of Eggs, Rose-water, Nutmeg, Cloves and Mace, a little Sugar, and a little Salt and Marrow cut into it, and so set it into the Oven, but your Oven must not be hotter then for Bisket bread: and when it is half baked, take the white of an Egg, Rose-water and fine Sugar well beaten together and very thick, and do it over with a feather, and set it in again, then stick it over with Almonds, and so send it up.

*This you may boyl in a bag if you please, and put in a few crums of Bread into it, and eat it with Butter and Sugar without Marrow.*

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*To make an Almond Caudle.*

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**T**AKE three points of Ale, boyle it with Cloves and Mace, and sliced bread in it, then have ready beaten a pound of Almonds blanched, and strain them out with a pint of White Wine, and thicken the Ale with it, sweeten it if you please, and be sure you skim the Ale well when it boyl.

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*To make Almod Bread.*

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**T**AKE Almonds and lay them in water all night, then blanch them and slice them, to evry pound of Almonds, a pound of fine Sugar finely beaten, so mingle them together, then beat the whites of three Eggs to high froth, and mix it well with the Almonds and Sugar, then have some plates and strew some flower on them, and lay Wafers on them, and lay your Almonds with the edges upwards, lay them as round as you can, scrape a little Sugar on them, when they are ready to set in the Oven, which must not be so hot as to colour white Paper, and when they are a little baked, take them out, and them

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from the Plates, and set them in again, you must keep them in a Stove.

*To make Almond Cakes.*

**T**AKE half a pound of Almonds blanched in cold water, beat them with some Rose-water till they do not glister, then they will be beaten; if you thing fit, lay seven or eight Musque Comfits dissolved in Rose-water which must not be above six or seven spoonfuls for fear of spoiling the colour; when they be thus beaten, put in half a pound of Sugar finely sifted, beat them and the Almonds together till it be well mixed, then take the whites of two Eggs and two spoonfuls of fine flower that hath been dryed in an Oven; beat these well together and pour it to your Almonds then butter your Plates and dust your Cakes with Sugar and Flower, and when they are a little brown, draw them, and when the Oven is colder set them in again on brown Papers, and they will look whiter.

*Master*

*Master Rudstones Posset.*

**T**AKE a Pint of Sack, a quarter of a pint of Ale, three quarters of a pound of Sugar, boyl all these well together, take two yolks of Eggs and sixteen whites very well beaten, put this to your boyling Sack and slice it very well together till it be thick on the coals; then take three pints of Milk or Cream being boyled to a quart, it must stand and cool till the Eggs thicken, put it to your Sack and Eggs, and stir them well together, then cover it with a Plate and so serve it.

*To boyl a Capon with Ranieles.*

**T**AKE a good young Capon, trusse it and draw it to boyl, and parboyl it a little, then let it lye in fair Water being pickt very clean and white, then boyl it in strong broth while it be enough, but first prepare your Ranieles as followeth; Take a good quantity of Beet leaves, and boyl them in Water very tender, then take them out, and get all the water very clean out of them, then take six sweet-breads of Veal, and boyl and mince them white, mince them

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small, and then boyl Herbs also, and four or five Marrow bones, break them and get all the Marrow out of them, and boyl the bigger piece of them in water by it self, and put the other into the minced Herbs, then take half a pound of Raisins of the Sun stoned and mince them small and half a pound of Dates the skin off and mince them also, and a quarter of a pound of Pomecitron Minced small, then take of Naples-bisket a good quantity, and put all these together on a Charger or a great dish with half a pound of sweet Butter, and work it together with your hands as you do a piece of Past, and season it with a little Nutmeg, Ginger, Cinamon, and Salt, and Permasan Cheese grated with hard Sugar grated also, then mingle all together well, and make a Past with the finest flower, six yolks of Eggs, a little Saffron beaten small, half a pound of sweet Butter, a little Salt, with some fair water hot (not boyling) and make up your Past, then drive out a long sheet of Past with an even Rowling Pin as thin as possibly you can, and lay your ingredients in small heaps, round or long which you please in the Past, then cover them with the Past and cut them with a jag asunder, and so make more or more till you  
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have made two hundred or more, then have a good broad Pan or Kettle half full of strong Broth, boyling leisurely, and put in your Ransoles; one by one, and let them boyl a quarter of an hour, then take up your Capon, lay it in a great Dish, and put on the Ransoles, and strew on them grated Cheese, Naples-Bisket grated, Cinamon and Sugar, then more and more Cinamon and Cheese while you have filled your Dish; then put softly on melted Butter with a little strong Broth, your Marrow Pomecitron, Lemons sliced and serve it up, and put it into the Dish, so Ransoles may be part fryed with sweet but Clarified Butter, either a quarter of them or half as you please; if the Butter be not Clarified, it will spoil your Ransoles.

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*To make a Bisque of Carps.*

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**T**AKE twelve smal Carps, and one great one, all Male Carps, draw them and take out all the Melts, flea the twelve smal Carps, cut off their Heads and take out their Tongues and take the fish from the bones of the flead Carps; and twelve Oysters, two or three yolks of hard Eggs, mash altogether, season it with Cloves, Mace, and Salt, and make thereof a stiff searce:

add thereto the yolks of four or five Eggs to bind it, fashion that first into balls or Lopings as you please, lay them into a deep Dish or Earthen Pan, and put thereto twenty or thirty great Oysters, two or three Anchoves, the Milts and Tongues of your twelve Carps, half a pound of fresh Butter, the Liquor of your Oysters, the juyce of a Lemon or two; a little White-Wine, some of Corbillion wherein your great Carp is boyled, and a whole Onyon, so set them a stewing on a soft fire and make a hoop therewith; for the great Carp you must scald him and draw him, and lay him for half an hour with the other Carps Heads in a deep Pan with so much White-wine Vinegar as will cover and serve to boyl him and the other Heads in; put therein Pepper, whole Mace, a race of Ginger, Nutmeg, Salt, sweet Herbs an Onyon or two sliced, a Lemon; when you boyl your Carps, pour your Liquor with the Spice into the Kettle wherein you will boyl him; when it is boyled put in your Carp, let it not boyl too fast for breaking; after the Carp hath boyled a while, put in the Head when it is enough, take off the Kettle, and let the Carps and the Heads keep warm in the Liquor till you

go to dish them. When you dress your Bisque, take a large Silver dish, set it on the fire, lay therein Sippets of Bread, then put in a Ladleful of your Corbillion, then take up your great Carp and lay him in the midst of the Dish, then range the twelve heads about the Carp, then lay the searce of the Carp, lay that in, then your Oysters, Milts, and Tongues, then pour on the Liquor wherein the searce was boyled, wring in the juyce of a Lemon and two Oranges; Garnish your Dish with pickled Barberries, Lemons and Oranges, and serve it very hot to the Table.

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*To boyl a Pike and Eele together.*

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TAke a quart of White-Wine and a pint and a half of White-Wine-Vinegar, two quarts of Water and almost a pinte of Salt, a handful of Rose-mary and Tyme; the Liquor must boyl before you put in your Fish and Herbs; the Eele with the skins must be put in a quarter of an hour before the Pike, with a little large Mace, and twenty corns of Pepper.

*To make an outlandish Dish.*

**T**AKE the Liver of a Hogg, and cut it in smal pieces about the bigness of a span, then take Anni-seed, or French-seed, Pepper and Salt, and season them therewithall, and lay every piece severally round in the caul of the Hogg, and so roast them on a Bird-Spit.

*To make a Portugall Dish.*

**T**AKE the Guts, Gizards and Liver of two fat Capons, cut away the Galls from the Liver, and make clean the Gizards and put them into a Dish of clean water; slit the Gut as you do a Calves Chaldron, but take off none of the fat, then lay the guts about an hour in White-Wine, as the Guts soak, half boyl Gizards and Livers, then take a long wooden broach, and spit your Gizards and Liver thereon, but not close one to another, then take and wipe the Guts somewhat dry in a Cloth, and season them with Salt & beaten Pepper, Cloves and Mace, then wind the Guts upon the wooden Broach about the Liver, and Gizards, then tye the wooden Broach  
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to spin, and lay them to the fire to roast, and roast them very brown, and bast them not at all till they be enough, then take the Gravy of Mutton, the juyce of two or three Oranges, and a grain of Saffron, mix all well together, and with a spoon bast your roast, let it drop into the same Dish. Then draw it, and serve it to the Table with the same sauce.

*To dress a Dish of Hartichoaks.*

**T**AKE and boyl them in a Beef-Pot, when they are tender sodden, take off the tops leaving the bottoms with some round about them, then put them into a Dish, put some fair water to them; two or three spoonfuls of Sack, a spoonful of Sugar, and so let them boyl upon the Coals, still pouring on the Liquor to give it a good tast, when they have boyled half an hour take the Liquor from them, and make ready some Cream boyled and thickned with the yolk of an Egg or two, whole Mace, Salt and Sugar with some lumps of Marrow, boyl it in the Cream, when it is boyled put a good piece of sweet Butter into it, and toast some Toasts, and lay them under your Hartichoaks, and pour your Cream, and Butter on them, Garnish it, &c.

*To dress a Fillet of Veal the Italian way.*

**T**AKE a young tender Fillet of Veal, pick away all the skins in the fold of the flesh, after you have picked it out clean so that no skins are left, nor any hard thing; put to it some good White-Wine (that is not too sweet) in a bowl and wash it, and crush it well in the Wine, do so twice, then strew upon it a powder that is called *Tamara* in *Italy*, and so much Salt as will season it well, mingle the Powder well upon the *Pasts* of your meat, then pour to it so much White-Wine as will cover it when it is thrust down into a narrow Pan; lay a Trencher on it and a weight to keep it down. let it lye two nights and one day, put a little Pepper to it when you lay it in the Souce, and after it is sowced so long, take it out and put it into a Pipkin with some good Beef-broth, but you must not take any of the Pickle to it, but only Beef-broth that is sweet and not salt; cover it close and set it on the Embers only. put into it with the Broth a few whole Cloves and Mace, and let it stew till it be enough. It will be very tender and of an excellent Taste; it must

must be served with the same broth as much as will cover it.

To make the Italian, take Coriander seed two Ounces, Aniseed one ounce, Fennel-seed one ounce, Cloves two ounces, Cinnamon one ounce; These must be beaten into a gross powder, putting into it a little powder of Winter Savory; if you like it, keep this in a Vial glass close stopt for your use.

*To dress Soals.*

**T**AKE a Pair of Soals, lard them through with watered fresh Salmon, then lay your Soals on a Table, or Pie-plate, cut your Salmon, lard all of an equal length on each side, and leave the Lard but short, then flower the Soals, and fry them in the best Ale you can get; when they are fryed lay them on a warm Pie-Plate, and so serve them to the Table with a Sallet Dish full of Anchovy sauce, and three or four Oranges.

*To make Furmity.*

**T**AKE a quart of Cream, a quarter of a pound of French-Barley the white you can get, and boyl it very tender in  
three

three or four several waters, & let it be cold, then put both together, put in it a blade of Mace, a Nutmeg cut in quarters, a Race of Ginger cut in three or five pieces, and so let it boyl a good while, still stirring and season it with Sugar to your taste, then take the yolks of four Eggs and beat them with a little Cream, and stir them into it, and so let it boyl a little after the Eggs are in, then have ready blanch'd and beaten twenty Almonds kept from oyling, with a little Rose-water, then take a boulder, strainer, and rub your Almonds with a little of your Furmity through the strainer, but set on the fire no more, and stir in a little Salt and a little sliced Nutmeg, pickt out of the great pieces of it, and put it in a Dish, and serve it.

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*To make Patis, or Cabbage Cream.*

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**T**AKE thirty Ale Pints of new Milk, and set it on the fire in a Kettle till it be scalding hot, stirring it oft to keep it from creaming, then put it forth, into thirty Pans of Earth, as you put it forth, take off the bubb'es with a spoon, let it stand till it be cold, then take off the Cream with two such slices as your beat Bisket bread with, but they must be very thin and not too  
broad

broad then when the Milk is dropped off the Cream, you must lay it upon a Pye-plate, you must scour the Keettle very clean and heat the Milk again, and so four or five times. In the Lay of it first lay a stalk in the midst of the Plate, let the rest of the Cream, be laid upon that sloping, between every laying you must scrape Sugar and sprinkle Rose-Water, and if you will, the powder of Musk, and Amber-greece, in the heating of the Milk be careful of smoak.

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*To make Pap.*

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**T**AKE three quarts of new Milk, set it on the fire in a dry silver Dish, or Bason; when it begins to boyl skim it, then put thereto a handful of flour and yolks of three Eggs, which you must have well mingled together with a Ladleful of cold Milk, before you put it to the Milk that boyls, and as it boyls, stir it all the while till it be enough, and in the boyling, season it with a little Salt, and a little fine beaten Sugar, and so keeping it stirred till it be boyled as thick as you desire, then put it forth into another Dish and serve it up.

*To make Spanish Pap.*

**T**AKE three spoonfuls of Rice-flour, finely beaten and searced, two yolks of Eggs, three spoonfuls of Sugar, three or four spoonfuls of Rose-water. Temper these four together, then put them to a pint of Cream, then set it on the fire and keep it stirred till it come to a reasonable thickness, then Dish it and serve it up.

*To Poach Eggs.*

**T**AKE a dozen of new laid Eggs and flesh of four or five Partridges, or other; mince it so smal as you can season it with a few beaten Cloves, Mace, and Nutmeg, into a Silver Dish, with a Ladlefull or two of the Gravy of Mutton, wherein two or three Anchoves are dissolved; then set it a stewing on a fire of Char-Coals, and after it is half stewed, as it boyles, break in your Eggs one by one, and as you break them, pour away most part of the Whites, and with one end of your Egg-shell, make a place in your dish of meat; and therein put your yolks of your Eggs, round in order amongst

amongst your meat, and so let them stew till your Eggs be enough, then grate in a little Nutmeg and the juyce of a couple of Oranges; have a care none of the Seeds go in, wipe your Dish and garnish your Dish, with four or five whole Onyons, &c.

*A Pottage of Beef Pallats.*

**T**AKE Beef Pallates after they be boyled tender in the Beef Kettle or Pot among some other meat, blanch and serve them clean, then cut each Pallat in two, and set them a stewing between two Dishes with a piece of leer Bacon, an handful of Champignons, five or six sweet-breads of Veal, a Ladleful or two of strong broth, and as much gravy of Mutton, an Onion or two, five or six Cloves, and a blade or two of Mace, and a piece of Orange Pills; as your Pallats stew, make ready your Dish with the bottoms and tops of two or three Cheat Loaves dried and moistned with some Gravy of Mutton, and the broth your Pallats stew in, you must have the Marrow of two or three beef-bones stewed in a little broth between two Dishes, in great pieces; when your Pallats and Marrow is stewed, and you ready to



to Dish it, take out all the Spices, Onyon and Bacon, and lay it in your Plates, Sweet-bread, and Champigneons, pour in the Broath they were stew'd in and lay on your pieces of Marrow, wring the juyce of two or three Oranges; and so serve it to the Table very hot.

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*The Jacobins Pottage.*

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**T**AKE the flesh of a washed Capon or Turkey cold, mince it so smal as you can, then grate or scrape among the flesh two or three ounces of Parmasants or old Holland Cheese, season it with beaten Cloves, Nutmeg, Mace and Salt, then take the bottoms and tops of four, or five new Rowls, dry them before the fire, or in an Oven then put them into a fair silver Dish, set it upon the fire, wet your bread in a Ladlesful of strong Broth, and a Ladlesful of Gravy of Mutton, then strow on your minced meat all of an equal thickness in each place, then stick twelve or eighteen pieces of Marrow as big as Walnuts, and pour on an handfull of pure Gravy of Mutton, then cover your Dish close, and as it stews add now and then some Gravy of Mutton.

Mutton thereto, thrust your Knife sometimes to the bottome, to keep the bread from sticking to the Dish, let it so stew still, till you are ready to dish it away, and when you serve it, if need require, and more gravy of Mutton, wring the juyce of two or three Oranges, wipe your Dishes brimes, and serve it to the Table in the same Dish.

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*To Salt a Goose.*

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**T**AKE a fat Goose and bone him, but leave the breast bone, wipe him with a clean cloath, then salt him one fortnight, then hang him up for one fortnight or three weeks, then boyl him in running water very tender, and serve him with Bay-leaves.

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*A way of stewing Chickens or Rabbits.*

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**T**AKE two three or four Chickens, and let them be about the bigness of a Partridge, boyl them till they be half boiled enough then take them off and cut them into little pieces, putting the joynt bone one from another, and let not the meat be minced, but cut into great bits, not so exactly but more or less, the breast bones are not so proper to be put in, but put the meat together with the other bones upon

(upon which there must also be some meat remaining) into a good quantity of that water or Broth wherein the Chickens were boyled, and set it then over a Chaffing-Dish of coals between two Dishes, that so it may stew on till it be fully enough; but first season it with Salt and gross Pepper, and afterwards add Oyl to it, more or less according to the goodness thereof; and a little before you take it from the fire, you must add such a quantity of juyce of Lemons as may best agree with your Taste. This makes an excellent dish of meat which must be served up in the Liquor; and though for a need it may be made with butter instead of Oyl, and with Vinegar instead of Juice of Lemons, yet is the other incomparably better for such as are not Enemies to Oyl. The same Dish may be made also of Veal, or Partridge, or Rabbits, and indeed the best of them all, is Rabbits, if they be used so before *Michaelmas*, for afterwards methinks they grow rank; for though they be fatter, yet the flesh is more hard and dry.

### A Pottage of Capons.

TAke a couple of young Capons Truss and set them and fill their bellies with Marrow, put them into a Pipkin with a Knuckle of Veal, a Neck of Mutton, and a Marrow-bone, and some sweet-bread of Veal; season your broth with Cloves, Mace, and a little Salt, set it to the fire, and let it boyl gently till your Capons be enough, but boyl them not too much; as your Capons boyl, make ready the Bottomes and Tops of eight or ten new Rowles, and put them dried into a fair Silver Dish wherein you serve the Capons; set it on the fire, and put to your bread, two Ladlesful of Broth wherein your Capons are boyled, and a Ladleful of the Gravy of Mutton, so cover your dish, and let it stand till you Dish up your Capons if need require, add now and then a Ladleful of Broth and Gravy, lest the bread grow dry; when you are ready to serve it, first lay in the Marrow-bone, then the Capons on each side, then fill up your Dish with the Gravy of Mutton, wherein you must wring the juyce of a Lemon or two, then with a spoon take off all the fat that

that swimmeth on the Pottage, then garnish your Capon with the Sweet-breads and some Lemons, and so serve it.

*To dress Soals another way.*

**T**AKE Soals, fry them half enough, then take Wine season'd with Salt, grated Ginger, and a little Garlick, let the Wine, and seasoning boyl in a Dish, when that boyles and your Soals are half fry'd, take the Soals and put them into the Wine, when they are sufficiently stewed, upon their backs, lay the two halves open on the one side and on the other, then lay Anchoves finely washed along, and on the sides over again, let them stew till they be ready to be eaten, then take them out, lay them on the Dish, pour some of the clear Liquor which they stew in upon them, and squeeze an Orange in.

*A Carp Pye.*

**T**AKE Carps, scald them, take out the great bones, pound the Carps in a stone Morter, pound some of the blood with the flesh which must be at the discretion of the Cook because it must not be too soft, then lard it with the belly of a very fat Eel, season it, and bake it like red Deer and eat it cold.

*This is meat for a Pope.*

*To boyl Ducks after the French Fashion.*

**T**AKE and lard them and put them upon a spit, and half roast them, then draw them and put them into a Pipkin, and put a quart of Claret-Wine into it, and Chestnuts, and a pint of great Oysters, taking the beards from them, and three Onyons minced very smal, some Mace and a little beaten Ginger, a little Time stript, a Crust of a French Rowl grated, put into it to thicken it, and so dish it upon sops. This may be diversified, if there be strong broth there need not be so much Wine put in, and if there be no Oysters or Chestnuts you may put in Hartichoak bottoms, Turnips. Colliflowers, Bacon in thin slices, Sweet-breads, &c.

*To boyl a Goose with Sausages.*

**T**AKE your Goose and salt it two or three dayes, then truss it to boyl; cut Lard as big as the top of your finger, as much as will Lard the flesh of the breast, season your Lard with Pepper, Mace, and Salt; put it a boyling in Beef broth if you have any, or water, season your Liquor with a little Salt, and Pepper grossly beaten an ounce or two, a bundle of Bay-leaves, Rosemary and Time, tyed altogether; you must have prepared your Cabbage or Sausages boyl'd very tender, squeeze all the water from them, then put them into a Pipkin, put to them a little strong Broth or Claret-Wine, an Onyon or two; season it with Pepper, Salt, and Mace to your taste, six Anchoves dissolved, put altogether, and let them stew a good while on the fire; put a Ladle of thick Butter, a little Vinegar, when your Goose is boyled enough, and your Cabbage on Sippets of bread and the Goose on the top of your Cabbage, and some on the Cabbage on top of your Goose, serve it up.

*To fry Chickens.*

**T**AKE five or six and scald them, and cut them in pieces, then flea the skin from them, fry them in Butter very brown, then take them out, and put them between two Dishes with the Gravy of Mutton, Butter and an Onyon, six Anchoves, Nutmeg, and salt to your taste, then put sops on your Dish, put fryed Parley on the top of your Chicken being Dished, and so serve them.

*To make a Battalia Pye.*

**T**AKE four tame Pigeons and Trusse them to bake; and take four Oxe-Palates well boyled and blanched, and cut it in little pieces; take six Lamb stones, and as many good sweet-breads of Veal cut in halves and parboil'd and twenty Cockscombs boyl'd and blanched, and the bottomes of four Hartichoaks, and a pint of Oysters parboyled and bearded, and the Marrow of three bones, so season all with Mace, Nutmeg and Salt: so put your meat into a Coffin of fine Paste proportionable to your quantity of meat: put half a pound of Butter upon your meat.

meat, put a little water in the Pye, before it be set in the Oven, let it stand in the Oven an hour and a half, then take it out, pour out the butter at the top of the Pye, and put it into leer of Gravy, Butter, and Lemons, and serve it up.

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*To make a Chicken Pye.*

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**T**AKE four or five Chickens, cut them in pieces, take two or three Sweet-breads parboyl'd and cut the pieces as big as Walnuts; take the Udder of Veal cut in thin slices, or little slices of Bacon, the bottom of Hartichoaks boyl'd, then make your coffin proportionable to your meat, season your meat with Nutmeg, Mace and Salt, then some Butter on the top of the Pye, put a little water into it as you put it into the Oven, and let it bake an hour, then put in a leer of Butter, Gravy of Mutton, eight Lemons sliced; so serve it.

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*To make a Pye of a Calves Head.*

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**T**AKE a Calves Head, clean it and wash it very well; put it a boyling till it be three quarters boiled, then cut off the flesh from

from the bones, & cut it in pieces as big as Walnuts, blanch the Tongue and cut it in slices, take a quart of Oysters parboyl'd and bearded, take yolks of twelve Eggs, put some thin slices of Bacon among the meat, and on the top of the meat, when it is in the Pie, cut an Onyon smal, and put it in the bottome of your Pie, season it with Pepper, Nutmeg, Mace, and Salt, make your Coffin to your meat, what fashion you please. Let it bake an hour and an half, put Butter on the bottome and on the top of your Pie before you close it, put a little water in before you put it into the Oven, when you draw it out take off the Lid, and put away all the fat on the top and put in a leer of thick butter, Gravy of Mutton, a Lemone pared and sliced, with two or three Anchoves dissolved. So stew these together, and cut your Lid in handsome pieces, and lay it round the Pye, so serve it.

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*To make Cream with Snow.*

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**T**AKE three Pints of Cream, and the whites of seven or eight Eggs, and strain them together, and a little Rose-water, and as much Sugar as will sweeten

ten it, then take a stick as big as a child's Arm, cleave one end of it a cross, and widen your pieces with your finger, beat your Cream with this stick, or else with a bundle of Reeds tyed together, and rowl between your hand standing upright in your Cream, now as the Snow ariseth take it up with a spoon in a Cullender that the thin may run out, and when you have sufficient of this Snow, take the Cream that is left. and seeth it in the Skillet, and put thereto whole Cloves, sticks of Cinamon, a little Ginger bruised, and seeth it till it be thick, then strain it, and when it is cold put it into your Dish, and lay your Snow upon it.

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*To make minced Pies.*

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TAKE a large Neats Tongue, shread it very well, three pound and a half of Suet very well shread, Currans three pound, half an ounce of beaten Cloves and Mace, season it with Salt when you think't fit, half a preserved Orange, or instead of it Orange Pills, a quarter of a pound of Sugar, a little Lemon Pill sliced very thin, put all these together very well, put to it two spoonfuls of Ver-  
juice

juice, and a quarter of a Pint of Sack, &c.

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*To dry Neats Tongues.*

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TAKE Bay Salt Beaten very fine, and Salt-Peter of each a like, and rub your Tongues very well with that, and cover all over with it, and as it waits put on more, and when they are very hard and stiff they are enough, then rowl them in Bran, and dry them before a soft fire, and before you boyl them, let them lie one night in Pump Water, and boyl them in the same sort of water.

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*To make Jelly of Harts-Horn.*

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TAKE six ounces of Harts-Horn, three ounces of Ivory both finely Carped, boyl it in two quarts of water in a Pipkin close covered, and when it is three parts wasted, you may try it with a Spoon if it will be jelly, you may know by the sticking to your Lips, then strain it through a jelly bag; season it with Rose-water, juice of Lemons and double refined Sugar, each according to your Taste, then boyl altogether two or three  
D 2  
walms

walmes, so put in the glass and keep for your use.

*To make Chickens fat in four or five dayes.*

**T**AKE a pint of French Wheat, and a pint of Wheat-flower, half a pound of Sugar make it up into a stiffe Paste, and rowl it into little rowls, wet them in warm milk, and so Cram them, and they will be fat in four or five dayes, if you please you may sow them up behind one or two of the last dayes.

*To make Angelot.*

**T**AKE a gallon of Stroakings, and a pint of Cream as it comes from the Cow, and put it together with a little Rennet; when you fill turn up the midst side of the Cheesefat, fill them a little at once, and let it stand all that day and the next, then turn them, and let them stand till they will slip out of the Fat, salt them on both sides, and when the Coats begin to come on them, neither wipe nor scrape them for the thicker the Coat is the better.

A

*A Persian Dish.*

**T**AKE the fleshy part of a Leg of Mutton stript from the fat, and sinews, beat that well in a Morter with Pepper and Salt, and a little Onyon or Garlick water by it self, or with herbs, according to your taste, then make it up in flat Cakes, and let them be kept twelve hours between two Dishes before you use them, then fry them with Butter in a Frying-pan, and serve them with the same Butter, and you will find it a Dish of savoury Meat.

*To roast a Shoulder of Mutton in Blood.*

**W**HEN your sheep is killed save the blood, and spread the Caule all open upon a Table that is wet, that it may not stick to it; as soon as you have stead your sheep, cut off a Shoulder, and having Time picked, shred and cut small into some of your blood, stop your shoulder with it, in-side and out-side, and into every hole with a spoon put some of the Blood; after

D 3

after you have put in the Time, then lay your Shoulder of Mutton upon the caul and wrap that about it, then lay it into a Tray, and pour all the rest of the blood upon it; so let it lye all night, if it be in Winter, you may let it lye twenty four hours, then roast it.

*To roast a Leg of Mutton to be eaten cold.*

**F**irst take so much Lard as you think sufficient to Lard your Leg of Mutton withall, cut your Lard in gross long Lardors; season the Lard, very deep with beaten Cloves, Pepper, Nutmeg, and Mace, and Bay-salt beaten fine and dryed, then take Parsley, Time, Marjoram, Onion, and the out rinde of an Orange, shred all these very small, and mix them with the Lard, then Lard your Leg of Mutton therewith, if any of the Herbs and Spice remain, put them on the Leg of Mutton, then take a silver Dish, lay two sticks cross the Dish to keep the Mutton from sopping in the Gravy and Fat that goes from it, lay the Leg of Mutton upon the sticks, and set it into an hot Oven there let it roast, turn it once but baste it not at all, when it is enough and very

very tender, take it forth but serve it not till it be thoroughly cold; when you serve it, put in a saucer or two of Mustard, and Sugar and two or three Lemons whole in the same Dish.

*To roast Oysters.*

**T**AKE the greatest Oysters you can get, and as you open them, put them into a Dish with their own Liquor, then take them out of the Dish, and put them into another, and pour the Liquor to them, but be sure no gravel get amongst them; then set them covered on the fire, and scald them a little in their own Liquor, and when they are cold, draw eight or ten Lards through each Oyster; season your Lard first with Cloves; Nutmeg beaten very small, Pepper; then take two wooden Lard Spits, and spit your Oysters thereon, then tie them to another spit, and roast them. In the roasting baste them with Anchovy sauce; made with some of the Oyster Liquor, and let them drip into the same dish where the Anchovy sauce is; when they be enough, bread them with the crust of a roll, grated on them, and when they be brown draw them off, then take the sauce wherewith you basted

D. 4 your



your Oysters, and blow off the fat, then put the same to the Oysters, wring in it the Juyce of a Lemon, so serve it.

*To make a Sack Posset.*

**T**AKE a quart of Cream and boyl it very well with Sugar, Mace and Nutmeg, take half a pint of Sack, and as much Ale, and boyl them well together with some Sugar, then put your Cream into your Bason to your Sack, then heat a Pewter Dish, very hot and cover your Bason with it, and set it by the fires side, and let it stand there two or three hours before you eat it.

*Another Sack-Posset.*

**T**AKE eight Eggs, yolks and whites, and beat them well together, strain them into a quart of Cream, season them with Nutmeg and Sugar, put to them a pint of Sack, stir them altogether, and put them into your Bason, and set them in the Oven no hotter than for a Custard, let it stand two hours.

*To*

*To make a Sack-Posset without Milk or Cream.*

**T**AKE Eighteen Eggs, whites and all, taking out the Treads, let them be beaten very well, take a pint of Sack and a quart of boyled, and scum it, then put in three quarters of a pound of Sugar and a little Nutmeg, let it boyl a little together, then take it off the fire stirring the Eggs still put into them two or three Ladle-fuls of drink, then mingle all together and set it on the fire, and keep it stirring till you find it thick, then serve it up.

*To make a Stump Pye.*

**T**AKE a Leg of Mutton, one pound and an half of the best Suet, mince both smal together, then season it with a quarter of a pound of Sugar, and a smal quantity of Salt, and a little Cloves & Mace,

D 5

then

then take a good handful of Parsley, half as much Time, and mince them very small and mingle them with the rest; then take six new laid Eggs and break them into the meat and work it well together, and put it into the Past; then upon the Top put Raisins, Currans and Dates a good quantity, cover and bake it, when it is baked, and when it is very hot, put into it a quarter of a pint of White-Wine-Vinegar, and strew Sugar upon it, and so serve it.

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*To make Mrs. Leeds Cheese-Cakes.*

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**T**AKE six quarts of Milk and renn it pretty cold, and when it is tender come, drain from it your Whey in a Strainer, then hang it up till all the Whey be dropt from it, then press it, change it into dry cloaths till it wet the cloth no longer, then beat it in a Stone Morter till it be like Butter, then strain it through a thin Strainer, mingle it with a pound and a half of Butter with your hands, take one pound of Almonds, and heat them with Rose-water till they are like your curd then mingle them with the yolks of twenty Eggs, and a quart of Cream, two great Nutmegs, one pound and a half of Sugar:

when your Coffins are ready and going to set in the Oven, then mingle them together: let your Oven, be made hot enough for a Pigeon Pye, and let a stone stand up till the seorching be past, then set them in, half an hour will bake them well, your Coffins must be made with Milk and Butter as stiffe as for other paste, then you must set them into a pretty hot Oven, and fill them full of Bran, and when they are hardned, take them out and with a Wing, brush out the bran, they must be pricked.

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*To make Tarts called Taffaty Tarts.*

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**F**IRST wet your Paste with Butter & cold Water, and rowl it very thin, also then lay them in layes, and between every lay of Apple strew some Sugar, and some Lemon-Pill cut very small, if you please put some Fennel-seed to them: then put them into a stoak hot Oven, and let them stand an hour in or more, then take them out, and take Rose-water and Butter beaten together, and wash them over with the same, & strew fine Sugar upon them; then put them into the Oven again, let them stand a little while and take them out:

*To make fresh Cheese.*

**T**AKE three pints of raw Cream, and sweeten it well with Sugar, and set it over the fire, let it boyl a while, then put in some Damask Rose-water, keep it still stirring lest it burn too, and when you see it thickned and turned, take it from the fire, and wash the strainer and Cheesefat with Rosewater, then rowl it too and fro in the Strainer to drain the Whey from the Curd, then take up the Curd with a spoon and put them into the Fat, let it stand till it be cold, then put it into the Cheese-Dish with some of the Whey, and so serve it up,

*To make Sugar Cakes or Jumbals.*

**T**AKE two pound of Flower, dry it and season it very fine, then take a pound of Loaf-Sugar, and beat it very fine, and searce it, mingle your Flower and Sugar very well, then take a pound and an half of sweet Butter, and wash out the Salt,

Salt, and break it into bits with your Flower and Sugar, then take yolks of four new-laid Eggs, and four or five spoonfuls of Sack, and four spoonfuls of Cream, beat all these together, then put them into your Flower, and knead them to a Paste, and make them into what fashion you please, and lay them upon Paper or Plates, and put them into the Oven, and be careful of them, for a very little thing bakes them.

*For Jumbals you must only add the whites of two or three Eggs.*

*To hash a shoulder of Mutton.*

**T**AKE a Shoulder of Mutton and slice it very thin, till you have almost nothing but the bone, then put to the meat some Claret-Wine, a great Onion, some Gravy of Mutton, six Anchovies, an handful of Capers, the tops of a little Tyme, mince them very well together, then take nine or ten Eggs, the juyce of one or two Lemons to make

to make it tart, and make leer of them, then put the meat all in a Frying-Pan over the fire till it be very hot; then put in the leer of Eggs and soak altogether over the fire till it be very thick; then boyl your bone, and put it on the top of your meat being Dished, Garnish your Dish with Lemons, serve it up.

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*To dress Flounders or Playce with  
Garlick and Mustard.*

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**T**AKE Flounders very new, and cut all the Fins and Tails, then take out the Guts and wipe them very clean, they must not be at all washt, then with your Knife scorch them on both sides very grossely; then take the Tops of Time and cut them very small, and take a little Salt, Mace, and Nutmeg, and mingle the Time and them together, and season the Flounders; then lay them on the Grid-iron and bast them with Oyl or Butter, let not the fire be too hot, when that side next the fire is brown, turn it, and when you turn it, bast it on both sides till you have broyl'd them brown, when they are enough make your sauce with Mustard two or three Spoonfull according

ding to discretion, six Anchoves dissolved very well, about half a pound of Butter drawn up with Garlick, Vinegar, or bruised Garlick in other Vinegar, rub the bottom of your Dish with Garlick. So put your sauce to them, and serve them, you may fry them if you please.

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*A Turkish Dish.*

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**T**AKE fat Beef or Mutton cut in thin slices, wash it well, put it into a pot that hath a close cover, then put into it a good quantity of clean pickt Rice, skim it very well; then put into it a quantity of whole Pepper, two or three whole Onyons; let all this boyl very well, then take out the Oynion and Dish it in Sippets, the thicker it is the better.

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*To dress a Pike.*

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**C**UT him in pieces, and strew upon him Salt and scalding Vinegar, boyl him in water and White-Wine, when he is boyling put in sweet Herbs, Onyon, Garlick, Ginger, Nutmeg, and Salt; when he is boyled take him out of the Liquor, and let him drain, in the mean time beat

Butter

Butter and Anchoves together, and pour it on the Fish, squeezing a little Orange and Lemon upon it.

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*To dress Oysters.*

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**T**AKE Oysters and open them; and save the Liquor, and when you have opened so many as you please, add to this Liquor some white-wine, wherein you must wash your Oysters one by one very clean, and lay them in another Dish; then strain to them that mixed wine and Liquor wherein they were washed, adding a little more wine to them with an Onion divided with some Salt and Pepper, so done, cover the Dish and stew them till they be more than half done; then take them and the Liquor, and pour it into a Frying-Pan, wherein they must fry a pretty while, then put into them a good piece of sweet Butter, and fry them therein so much longer; in the meane time you must have beaten the yolkes of some Eggs, as four or five to a quart of Oysters; these Eggs must be beaten with some Vinegar, wherein you must put some minced Parsley, and Nutmeg finely scraped, and put therein the Oysters in the Pan, which must still

still be kept stirring, lest the Liquor make the Eggs curddle, let this all have a good walm on the fire, and serve it up.

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*To dress Flounders.*

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**F**LEA off the black skin; and scour the Fish over on that side with a Knife, lay them in a Dish, and pour on them some Vinegar, and strew good store of Salt, let them lye for half an hour; in the meane time set on the fire some water with a little White-Wine, Garlick and sweet Herbs, as you please, putting into it the Vinegar and Salt wherein they lay, when it boyls put in the biggest fish, then the next till all be in; when they are boyled take them out, and drain them very well, then draw some sweet Butter thick, and mix with it some Anchoves shred smal, which being dissolved in the Butter, pour it on the Fish, strewing a little sliced Nutmeg, and minced Oranges and Barberries.

*To dress Snails.*

**T**AKE Snails and put them in a Kettle of water, and let them boyl a little, then take them out, and shake them out of the shels into a Bason; then take some salt and scour them very well, and wash them in warm water, untill you find the slime clean gone from them; then put them into a Cullender and let them drain well, then mince some sweet herbs, and put them into a Dish with a little Pepper and Sallet-Oyl together, then let them stand an hour or two; then wash the shels very well and dry them and put into every shell a snail, and fill up the shell with sallet-Oyl and herbs, then set them on a gridiron upon a soft fire, and so let them stew a little while, and dish them up warm and serve them up.

*To dress Pickle Fish.*

**W**ASH them well while they are in the shell in salt water, put them into a Kettle over the fire without water; and stir them till they are open, then take them out of their shels, and wash

wash them in hot water and salt, then take some of their own Liquor that they have made in the Kettle, a little white-wine, Butter, Vinegar, Spice, Parsley; let all these boyl together, and when it is boyled, take the yolks of three or four Eggs and put into the Broth. Scollops may be dressed on this manner, or broyled like Oysters with Oyl or juyce of Lemons.

*To frigate Beef Pallats.*

**T**AKE Beef Pallats, after they be boyled very tender, blanch and pare them clean, season them with fine beaten Cloves, Nutmeg, Pepper, salt, and some grated bread; then have some Butter in a Frying-Pan, put your Pallats therein and so frigate them till they be brown on both sides, then take them forth and put on a dish, and put thereto some Gravy of Mutton, wherein two or three Anchoves are dissolved, grate in your sauce a little Nutmeg, wring in the juyce of a Lemon, so serve them.

*A Spanish Olio.*

**T**AKE a piece of Bacon not very fat, but sweet and safe from being rusty, a piece of fresh Beef, a couple of Hogs Eares, and four Feet if they can be had, and if not, some quantity of Sheeps feet, (Calves Feet are not proper) a Joynt of Mutton, the Legg, Rack or Loyn, a Hen, half a dozen Pigeons, a bundle of Parsley, Leeks and Mint, a Clove of Garlick when you will, a smal quantity of Pepper, Cloves and Saffron, so mingled that not one of them over-rule, the Pepper and Cloves must be beaten as fine as possible may be, and the Saffron must be first dried, and then crumbled in Powder, and dissolved apart in two or three spoonfuls of Broth, but both the Spices and the Saffron may be kept apart till immediately before they be used, which must not be, till within a quarter of an hour before the Olio be taken off from the fire; a Pottle of hard dry Pease, when they have first steapt in water some dayes, a pint of boyl'd Chesnuts: Particular care must be had that the Pot where in the Olio is made, be very sweet: Earthen I think is the best, and judgment

ment is to be had carefully both in the size of the Pot, and in the quantity of the water at the first, that so the Broth may grow afterwards to be neither too much, nor too little, nor too gross, nor too thin; thy meat must be long in boyling, but the fire not too fierce, the Bacon, the Beef, the Pease, the Chesnuts, the Hogs Ears, may be put in at the first. I am utterly against those confused Olios, into which men put almost all kinds of meats and Roots, and especially against putting of Oyl, for it corrupts the Broth in stead of adding goodness to it. To do well the Broth is rather to be drunk out of a Porrenger, than to be eaten with a spoon, though you add some small slices of bread to it, you will like it the worse. The sauce for thy meat must be as much fine Sugar beaten small to powder, with a little Mustard, as can be made to drink the Sugar up, and you will find it to be excellent; but if you make it not faithfully and just according to this prescript, but shall neither put Mace, or Rosemary, or Time, to the herbs, as the manner is of some, it will prove very much the worse.

*To make Metheglin.*

Take all sorts of Herbs that are good and wholesome, as Balm, Mint, Fennel, Rosemary, Angelica, wild Time, Isop, Burnet, Egrimony, and such other, as you think fit; some field Herbs, but you must not put in too many; but especially Rosemary or any strong Herbs, less than half an handful will serve of every sort, you must boyl your herbs and strain them, and let the Liquor stand till to morrow and settle them, take off the clearest Liquor two gallons and a half to one gallon of Honey, and that proportion as much as you will make, and let it boyl an hour, and in the boyling skim it very clean, then set it a cooling as you do Beer, when it is cold take some very good Ale Barm, and put into the bottome of the Tub a little and a little, as they doe Beer, keeping back the thick settling that lieth in the bottome of the Vessel that it is cooled in, and when it is all put together, cover it with a cloth, and let it work very neer three dayes, and when you mean to put it up, skim off all the Barm clean, put it

it up into the Vessel, but you must not stop your vessel very close in three or four dayes, but let it have all the vent, for it will work and when it is close stopped, you must look very often to it, and have a peg in the top to give it vent when you hear it make a noise, as it will do, or else it will break the Vessel; sometime I make a bag, and put in good store of Ginger sliced, some Cloves & Cinamon, and boyl it in, and other times I put it into the Barrel and never boyl it, it is both good, but Nutmeg and Mace do not well to my taste.

*To make a Sallet of Smelts.*

Take half an hundred of Smelts, the biggest you can get, draw them and cut off their heads put them into a Pipkin with a pint of White-Wine, and a pint of White-Wine-Vinegar, an Onion shred, a couple of Lemons, a Race of Ginger, three or four Blades of Mace, a Nutmeg sliced, whole Pepper, a little Salt, cover them, and let them stand twenty four hours; if you will keep them three or four dayes, let not your Pickle be too strong of the Vinegar, when



when you will serve them, take them out one by one, scrape and open them as you do Anchovies, but throw away the bones, lay them close one by one round a silver Dish, you must have the very utmost rind of a Lemon or Orange so small as grated bread and the Parsley, then mix your Lemon Pill, Orange & Parsley together with a little fine-beaten Pepper, and strew this upon the dish of Smelts with the meat of a Lemon minced very small, also then pour on excellent Sallet-Oyl, and wring in the juice of two Lemons, but be sure none of the Lemon-seed be left in the Sallet, so serve it.

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*To roast a Fillet of Veal.*

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**T**AKE a Fillet of Beef, which is the tenderest part of the Beast, and lieth only in the inward part of the Surloyn next to the Chine, cut it as big as you can, then broach it on a Broach not too big, and be careful you broach it not thorow the best of the meat, roast it leisurely and baste it with sweet Butter: Set a dish under it to save the Gravy while the Beef is roasting, prepare the Sauce for it, chop good store of Parsley with

with a few sweet herbs shred small, and the yolks of three or four Eggs, and mince among them the Pill of an Orange, and a little Onyon, then boyl this mixture, putting into it sweet Butter, Vinegar and Gravie, a spoonful of strong Broth, when it is well boyled, put it into your Beef, and serve it very warm, sometimes a little grosse Pepper or Ginger into your Sauce, or a Pill of an Orange or Lemon.

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*To make a Sallet of a cold Hen  
or a Capon.*

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**T**AKE the breast of an Hen or Capon, and slice it as thin as you can in steaks, put therein Vinegar and a little Sugar, as you think fit; then take six Anchovies, and an handful of Capers, a little long, grosse or a Carrigon, and mince them together, but not too small, strew them on the Sallet, garnish it with Lemons, Oranges or Barberries, so serve it up with a little Salt.

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*To stew Mushromes.*

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**T**AKE them fresh gathered and cut off the hard end of the stalk, and as you pill them throw them into a Dish of white-wine, after.

after they have lain half an hour or there-upon, drain them from the Wine, and put them between two silver Dishes, then set them on a soft fire without any liquor, and when they have stewed a while, poure away the liquor that comes from them which will be very black, then put your Mushromes into another clean Dish with a sprig or two of Tyme, an Onyon whole, four or five Cornes of whole Pepper, two or three Cloves, a bit of an Orange, a little Salt, a bit of sweet butter and some pure Gravie of Mutton, cover them, and set them on a gentle fire, so let them stew softly till they be enough, and very tender, when you dish them, blow off all the fat from them, and take out the Tyme, Spice and Orange, then wring in the juyce of Lemon, and grate a little Nutmeg among the Mushromes, tesse them two or three times, put them in a clean Dish, and serve them hot to the Table.

The

*The Lord Conway, his Lordships Receipts  
for the making of Amber  
Puddings.*

**F**irst take the Guts of a young Hog, and wash them very clean, and then take two pound of the best Hogs fat, and a pound and an half of the best Jurden Almonds, the which being blancht, take one half of them and beat them very small, and the other half reserve whole unbeaten, then take a pound and an half of fine Sugar, and four white Loaves, and grate the Loaves over the former composition, and mingle them well together in a Bason, having so done put to it half an ounce of Ambergreece, the which must be scraped very small over the said composition, take half a quarter of an ounce of Levant Musk, and bruise it in a marble mortar, with a quarter of a pint of Orange-flower water, then mingle these all very well together, and having so done, fill the said Guts therewith. This Receipt was given his Lordship by an Italian for a great rarity, and has been found so to be by those Ladies of honour, to whom his Lordship has imparted the said Reception.

*To make a Partridge Tart.*

**T**AKE the flesh of four or five Partridges minced very small, with the same weight of Beef marrow as you have Partridge flesh, with two Ounces of Oranges and green Citron minced together as small as your meat, season it with Cloves, and Mace, and Nutmeg, and a little Salt and Sugar, mix all together, and bake it in puff-paste; when it is baked open it, and put in half a Graine of Muske or Amber brayed in a Mortar or Dish, and with a spoonfull of Rosewater and the juyce of three or four Oranges, when you put all these therein, stir the meat and cover it again, and serve it to the Table.

*To keep Venison all the year.*

**T**AKE the Haunch and parboyle it a while, then season it with two Nutmegs, a spoonfull of Pepper, and a good quantity of Salt, mingle them all together, then put two spoonfulls of White-wine-Vinegar, and having made the Venison full of holes, as you do when you Lard it, when it is Larded put in the Venison

son at the holes the Spice and Vinegar, and season it therewith, then put part into the Pot with the fat side downwards, cover it with two pound of Butter, then close it up close with course Paste, when you take it out of the Oven take away the Paste, and lay a round Trencher with a weight on the top of it to keep it down, till it be cold, then take off the Trencher, and lay the Butter flat upon the Venison, then cover it close with strong white Pepper, if your pot be narrow at the bottom it is the better, for it must be turned upon a plate, and stuck with Bay-leaves when you please to eat it.

*To bake Brawne.*

**T**AKE two Buttocks and hang them up two or three dayes, then take them down and dip them into hot-water, and pluck off the skin, dry them very well with a clean Cloth, when you have so done, take Lard, cut it in pieces as big as your little finger, and season it very well with Pepper, Cloves, Mace, Nutmeg, and Salt, put each of them into an earthen Pot, put in a pint of Claret-wine, a pound of Mutton Suet. So close it with paste,

let the Oven be well heated, and so bake them, you must give them time for the baking according to the bigness of the Haunches and the thickness of the Pots, they commonly allot seven hours for the baking of them; let them stand three dayes, then take off their Covers, and pour away all the liquor, then have clarified butter, and fill up both the pots to keep it for the use, it will very well keep two or three months.

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*To roast a Pike.*

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**T**AKE a Pike, scour off the slime, take out the entrails, lard it with the backs of Pickled Herrings, you must have a sharp Bodkin to make the holes, no Larding-pins will go thorow, then take some great Oysters, Claret-wine, season it with Pepper, Salt and Nutmeg, stuff the belly of the Pike with these Oysters, intermix with them Rosemary, Time, Winterfavory, sweet Marjoram, a little Onyon and Garlick, sow these in the belly of the Pike, prepare two sticks about the breadth of a Lath, these two sticks and the Spit must be as broad as the Pike being tyed on the Spit, tie the Pike on, winding Pack-thread about the Pike along, but there must be tyed by the Pack-thread all along the side of the Pike

Pike which is not defended by the Spit, and the Lathes Rosemary and Bayes, baste the Pike with Butter and Claret-wine, with some Anchoves dissolved in it, when it is wasted, rip up the belly of the Pike and the Oyster will be the same, but the herbs which are whole must be taken out.

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*To sauce Eeles.*

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**T**AKE two or three Great Eeles, rub them in Salt, draw out the guts, wash them very clean, cut them athwart on both sides sound deep, and cut them again crosse way, then cut them thorow in such pieces as you think fit, and put them into a dish with a pint of Wine Vinegar, and an handfull of Salt, have a Kettle over the fire with fair water, and a bundle of sweet Herbes, two or three great Onyons, some Mace, a few Cloves, you must let these lie in Wine Vinegar and Salt, and put them into boyling Liquor, there let them boyle according to Cookery, when enough, take out the Eeles, and drain them from the Liquor, when they are cold take a pint of White-wine, boyl it up with Saffron to colour the Wine, then take out some of the Liquor or put it in an earthen

pan, take out the Onyons and all the herbs, onely let the Cloves and Mace remain, you must beat the Saffron to powder or else it will not colour.

*To make Sausages without skins.*

**T**AKE a Leg of young Pork, two pound of Beef-suet, two handfuls of Sage, two loaves of white bread, Salt and Pepper to your taste, half the Pork and half the Suet must be very well beaten in a stone mortar, the rest cut very small, be sure to cut out all Gresles and Lenets in the Pork, when you have mixed these altogether, knead them into a stiff Paste with the yolks of two or three Eggs so roul them into Sausages.

*To dress a Pike.*

**T**AKE a male Pike, rub his skin off whilst he lives with Bay-salt, having well cleared the outside, lay him in a large Dish or Tray, open him so as you break not his gall, cut him according to the size of the fish in two or three pieces, from the head to the tail must be slit, this done, they are to be laid as flat as you can in a great Dish or Tray, pour upon it half a pint of white-wine-vinegar, more or lesse, according to the size of

of the fish, then strew upon the inside of the fish white salt plentifully, Bay salt beaten very small is better, whilst this is a doing, let a Skellet with a sufficient quantity of Rhenish Wine, or good White-Wine, be put over the fire, with the Wine Salt, Ginger, Nutmeg, an Onyon, four or five Cloves of Garlick, a bunch of sweet herbs, viz. Sweet-marjoram, Rosemary, Pill of half a Lemon, let these boil to the height, put in the Pike with the Vinegar, in such manner as not to quench or allay, if possible, the heat of the Liquor, put the thickest piece first, that will aske most boyling, and the Vinegar last of all; while the Pike boyls take two quarters of a pound of Anchoves, one quarter of very good Butter, a Saucer of the Liquor your Pike was boyled in, dissolved Anchoves. Not that the Liquor, Sauce, the Spice and the other Ingredients must follow the proportion of the Pike; if your sauce be too strong of the Anchoves, adde more fair water to it. Note also, the Liquor wherein this Pike was dressed, is better to boyl a second Pike therein, than it was at the first.

*To dresse Eeles.*

**C**UT two or three Eeles into pieces of a convenient length, set them end-ways in a pot of Earth, put in a spoonfull or two of water, and to them put some Herbs and Sage chopt small, some Garlick, Pepper and Salt, so let them be baked in an Oven.

*To boyl a Pudding after the French fashion.*

**T**AKE a Turkey that is very fat, and being pulled and drest, Lard him with long pieces of Lard, first wholed in seasoning of Salt, Pepper, Nutmeg, Cloves and Mace, then take one piece of Lard whole in the seasoning, put it into the belly with a sprigge of Rosemary and Bayes, sew it very close in a clean Cloth, and let it lie all night covered with White-wine, let it be put into a pot with the same Liquor and no more, let it be close stopped, then hang it over a very

soft

soft and gentle fire, there to continue six hours in a simpering boile, when it is cold take it out of the cloth, not before, put it in a Pie-plate, and stick it full of Rosemary and Bays, so serve it up with Mustard and Sugar, they are wont to lay it on a Napkin folded square, and lay it corner-wise.

*To make a Fricake.*

**T**AKE three Chickens, and pull off the Skins, and cut them into little pieces, then put them into water with two or three Onyons and a bunch of Parsley, and when it hath stewed a little, put in some Salt and Pepper, and a pint of White-wine, so let them stew till they be enough, then take some Verjuyce and Nutmegs, and three or four yolks of Egges, beat them well together, and when you take off the Chickens, put them into a Frying-pan altogether with some Butte, scald it well over the fire, and serve it in.

*To*

*To make a Dish called Olives.*

**T**AKE a Fillet of Veal, and the flesh from the bones, and the fat and skin from either, cut it into very thin slices, beat them with the back of your Knife, lay them abroad on a dish, season them with Nutmeg, Pepper, Salt and Sugar, chop half a pound of Beef-suet very small, and strew upon the top of the meat, then take a good handful of herbs, as Parsley, Tyme, Wintersavory, Sorrel and spinage, chop them very small, and strew over it, and four Eggs with the whites, mingle these all well together with your hands, then roul it up piece by piece, put it upon the spit, roasting it an hour and half, and if it grow dry bast it with a little sweet Butter, the sauce is Verjuyce or Claret-wine with the Gravy of the meat and Sugar, take a whole Onyon and stew it on a Chafing-dish of coals, and when it tastes of the Onyon, pour the liquor from it on the meat, setting it a while on the Coals, and serve it in.

To

*To make an Olive pye.*

**T**HIS you may take in a Pie, putting Raisins of the Sun stoned and some Currans in every Olive, first strowing upon the meat the whites and yolks of two boyled Eggs shred very small, make your Olives round, and put them into Puff-paste, when it is half baked put in a good quantity of Verjuyce or Claret-wine sweetened with Sugar, putting it in again till it be thorow baked.

*The Countess of Rutlands Receipt of making the rare Banbury Cake, which was so much praised at her Daughters (the Right Honourable the Lady Chaworths) Wedding.*

*Imprimis.*

**T**AKE a peck of fine Flowre, and half an Ounce of large Mace, halfe an Ounce of Nutmegs, and halfe an Ounce of Cinnamon, your Cinnamon and Nutmegs must be sifted through a Searce, two pounds of Butter, half a score of Eggs, put out four of the whites of them  
some

something above a pint of good Ale-yeast, beate your Egges very well and straine them with your Yerst, and a little warm water into your Flowre, and stirre them together, then put your Butter cold in little Lumps: The water you knead withall must be scalding hot, if you will make it good Paste, the which having done, lay the Paste to rise in a warm Cloth, a quarter of an hour, or thereupon; then put in tenne pounds of Currans, and a little Muske and Ambergreece dissolved in Rosewater, your Currans must be made very dry, or else they will make your Cake heavy, strew as much Sugar finely beaten amongst the Currans as you shall thinke the water hath taken away the sweetnesse from them; break your Paste into little pieces, into a Kimmel or such like thing, and lay a Layer of Paste broken into little pieces, and a Layer of Currans, untill your Currans are all put in, mingle the Paste and the Currans very well, but take heed of breaking the Currans, you must take out a piece of Paste after it hath risen in a warm cloth before you put in the Currans to cover the top, and the bottome, you must roul the Cover something

thing thin, and the bottome likewise, and wet it with Rosewater, and close them at the bottom of the side, or the middle which you like best, prick the top and the sides with a small long pin, when your Cake is ready to go into the Oven, cut it in the midst of the sight round about with a Knife an inch deep, if your Cake be of a peck of Meal, it must stand two hours in the Oven, your oven must be as hot as for manchet.

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*An excellent Syllabub.*

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**F**ILL your Syllabub-pot with Syder (for that is the best for a Syllabub) and good store of Sugar and a little Nutmeg; stir it well together, put in as much thick Cream by two or three spoonfuls at a time, as hard as you can, as though you milk it in, then stir it together exceeding softly once about, and let it stand two hours at least ere it is eaten, for the standing makes the Curd.



*To sauce a Pig.*

**T**AKE a fair large Pig and cut off his Head, then slit him through the midst, then take forth his bones, then lay him in warme water one night, then Collar him up like Brawne, then boyle him tender in fair water, and when he is boyled put him in an earthen pot or pan into water and Salt, for that will make him white, and season the flesh, for you must not put Salt in the boyling, for that will make it black, then take a quart of the same Broth, and a quart of White-wine, boyl them together to make some drink for it, put into it two or three Bay-leaves, when it is cold uncloath the Pig, and put it into the same drink, and it will continue a quarter of a year. It is a necessary Dish in any Gentlemans house: when you serve it in, serve it with green Fennel as you do Sturgion with Vinegar in Saucers.

*To make a Virginia Trout.*

**T**AKE Pickled Herrings, cut off their Heads, and lay the bodies two days and nights in water, then wash them well then

then season them with Mace, Cinnamon, Cloves Pepper, and a little Red Saunders, then lay them close in a pot with a little Onyon strewed small upon them, and cast between every Layer; when you have thus done, put in a pint of Claret-wine to them, and cover them with a double paper tyed on the pot, and set them in the Oven with Household-bread. They are to be eaten cold.

*To make a fat Lamb of a Pig.*

**T**AKE a fat Pig and scald him, and cut off his head, slit him and trusse him up like a Lamb, then being slit through the middle, and flayed then parboyl him a little, then draw him with Parsley as you do a Lamb, then roast it and dridge it, and serve it up with Butter, Pepper and Sugar.

*To make Rice Pancakes.*

**T**AKE a pound of Rice, and boyl it in three quarts of water till it be very tender, then put it into a pot covered close, and that will make a Jelly, then take a quart of Creame or new Milke, put

put it scalding hot to the Rice, then take twenty Eggs, three quarters of a pound of melted Butter, a little Salt, stir all these well together, put as much Flowre to them as will make them hold frying, they must be fried with Butter, they must be made overnight, best.

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*Mrs. Dukes Cake.*

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**T**AKE a quarter of a peck of the finest Flowre, a pint of Cream, ten yolks of Eggs well beaten, three quarters of a pound of Butter gently melted, poure on the Flowre a little Ale-yeast, a quarter of a pint of Rosewater, with some Muske, and Amber-greece dissolved in it, season all with a penny worth of Mace and Cloves, a little Nutmeg finely beaten Currans one pound and an halfe. Raisins of the Sun stoned and shred small one pound, Almonds blanched and beaten half a pound, beat them with Rosewater to keep them from Oyling: Sugar beaten very small half a pound; first mingle them, knead all these together, then let them lie a full hour in the Dough together, then the Oven being made ready, make up your Cake, let not the Oven be too hot, nor shut up the mouth of it too close,

close, but fix the Cake now and then that it may bake all alike, let it not stand a full hour in the Oven. Against you draw it have some Rosewater and Sugar finely beaten and well mixed together to wash the upper side of it, then set it in the Oven to dry, when you draw it out, it will shew like Ice,

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*To make fine Pancakes fryed without Butter or Lard.*

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**T**AKE a pint of Cream, six new-laid Eggs, beat them very well, put in a quarter of a pound of Sugar, one Nutmeg or beaten Mace, which you please, as much Flower as will thicken them almost as thick as for ordinary Pancakes, your pan must be clean wiped with a cloth, when it is reasonably hot, put in your Butter or thick or thin as you please, to fry them.

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*To pot Venison.*

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**T**AKE an haunch of Venison not hunted, and bone it, then take three Ounces of Pepper beaten, twelve Nutmegs with an handful of Salt, and mince them together with Wine-vinegar, then wet your Venison with Wine-vinegar, and season  
it

it, then with a Knife make holes on the lean sides of the Haunch, and stuff it as you would stuff Beef with Parsley, then put it into the pot with the fat side downward, then clarify three pound of Butter, and put it thereon, and paste upon the Pot, and let it stand in the Oven five or six hours, then take it out, and with a vent press it down to the bottome of the Pot, and let it stand till it be cold, then take the Gravy of the top of the pot and melt it, and boyl it half away and more, then put it in again with the Butter on the top of the Pot.

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*To make a Marchpane: to Ice  
him, &c,*

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**T**AKE two pound of Almonds blanch-  
ed, and beaten in a stone Mortar till  
they begin to come to a fine Paste, and  
take a pound of sifted Sugar, and put it  
in the Mortar with the Almonds, and so  
leave it till it come to a perfect Paste, put-  
ting in now and then a spoonful of  
Rose-water to keep them from Oyling;  
when you have beaten them to a perfect  
Paste, cover the Marchpane in a sheet, as  
big as a Charger, and set an edge about  
as

as you do about a Tart and a bottome of  
Wafers under him; thus bake it in an Oven  
or Baking-pan, when you see your March-  
pane is hard and dry, take it out and Ice  
him with Rosewater and Sugar, being  
made as thick as Butter for Fritters; so  
spread it on him with a Wing-feather, so  
put it into the Oven again; and when  
you see it rise high, then take it out and  
garnish it with some pretty conceits, made  
part of the same stuff. stick long Cumfets  
upright in him, so serve it.

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*To make Jelly the best manner.*

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**T**AKE a Leg of Veal, and pare away  
the fat as clean as you can, wash it  
thoroughly, let it lie soaking a quarter  
of an hour or more, provided you first  
break the bones, then take four Calves  
feet, scald off the hair in boyling water,  
then slit them in two and put them to  
your Veal, let them boyle over the fire  
in a brass pot with two Gallons of wa-  
ter or more according to the proporti-  
on of your Veal, scum it very clean and  
often; so let it boyle till it comes to  
three pintes or a little more, then  
strain it through a clean strainer into a  
Bason,

Bason, and so let it stand till it be through cold and well jellied, then cut it in pieces with a Knife, and pare the top and the bottome of them, put it into a Skillet, take two ounces of Cinnamon broken very small with your hand, three Nutmegs sliced, one Race of Ginger, a large Mace or two, a little quantity of Salt, one spoonful of Wine-vinegar, or Rose-vinegar one pound and three quarters of Sugar, a pint of Rennish wine, or White-wine, and the Whites of fifteene Egges well beaten; put all these to the Jelly, then set it on the fire, and let it seeth two or three walmes, ever stirring it as it seeths, then take a very clean Jelly-bag, wash the bottome of it in a little Rose-water, and wring it so hard that there remain none behind, put a branch of Rosemary in the bottome of the bag, hang it up before the fire over a Bason; and pour the Jelly-bag into the Bason, provided in any case you stir not the bag, then take Jelly in the Bason and put it into your bag again, let it run the second time, and it will be very much the clearer; so you may put it into your Gally-pots or Glasses which you please, and set them a cooling on Bay-salt, and when

when it is cold and stiff you may use it at your pleasure, if you will have the Jelly of a red colour, use it as before, onely instead of Renish Wine use Claret.

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*To make Poor Knights.*

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**C**UT two penny Loaves in round slices, dip them in half a pint of Cream, or fair water, then lay them abroad in a dish, and beat three Eggs and grated Nutmegs and Sugar, beat them with the Cream, then melt some Butter in a Frying-pan, and wet the sides of the Toasts and lay them in on the wet side, then poure in the rest upon them, and so fry them, serve them in with Rose water, Sugar and Butter.

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*To make Shrewsbury Cakes.*

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**T**AKE two pound of Flowre dryed in the Oven, and weighed after it is dryed, then put to it one pound of Butter that must be laid an houre or two in Rosewater, so done, poure the water from the Butter, and put the Butter to the Flowre with the yolkes and whites of five Eggs, two Races of Ginger, and three quarters of a pound of Sugar, a little Salt, grate your spice, and it will be the

the better knead all these together till you may roule the PASTE, then roul it forth with the top of a Bowle, then prick them with a pin made of wood, or if you have a Comb that hath not been used, that will do them quickly, and is best to that purpose, so bake them upon Pie-plates, but not too much in the Oven, for the heat of the Plates will dry them very much, after they come forth of the Oven you may cut them without the Bowles of what bignesse of what fashion you please.

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*To make Beef like Red Deer to be eaten cold.*

---

**T**AKE a Buttock of Beef, cut it the long wayes with the grain, beat it well with a Rouling-pin, then broyl it upon the coals, a little after it is cold draw it through with Lard, then lay in some White-wine-vinegar Pepper, Salt, Cloves, Mace and Bay-leaves, then let it lie three or four dayes, then bake it in Rye-paste, and when it is cold fill it up with Butter, after a fortnight it will be eaten.

**To**

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*To make Puffs.*

---

**T**AKE a pint of Cheefe curds and dreine them dry, bruise them small with the hand, put in two handfuls of flower, a little Sugar, three or four yolks of Eggs, a little Nutmeg and Salt, mingle these together and make them little, like eyes, fry them in fresh butter, serve them up with fresh butter and Sugar.

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*To make a hash of Chickens.*

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**T**AKE six Chickens, quarter them, cover them almost with water, and season them with pepper and salt, and a good handful of minced parsley, and a little White-wine, when they are boiled enough, put six Eggs, onely the yolks, put to them a little Nutmeg and vinegar, give them a little walm or two with the Chickens, pour them altogether into a dish and serve them in, when you put on the Eggs, and a good piece of butter.

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*To make an Almond Caudle.*

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**T**AKE three pints of Ale, boyle it with Cloves, Mace, and sliced bread into it, then have ready beaten a pound of blan-

**F**

ched

ched Almonds stamped in a mortar, with a little white-wine, then strain them out with a pint of white-wine, thicken your Ale with it, sweeten it as you please, and before you skim the Ale when it boyles.

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*To make scalding Cheefe towards the latter end of May.*

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**T**AKE your Evening Milk and put it into boules or earthen pans, then in the morning fleet off the Cream in a bowl by it self, put the fleet milk into a Tub with the morning milk, then put in the nights Cream and stir it together, and heat the milk, and put in the Rennet; as for ordinary new milk Cheefe, it is to be made thick: when the Cheefe is come, gather the Curd into the Cheefe-cloth, and set the Whey on the fire till it be seething hot: put the Cheefe in a Cloth into a Killar that hath a waste in the bottom, and pour in the hot Whey, then let out that and put in more till your Curd feel hard, then break the Curd with your hands as small as you can, and put an handfull of salt to it, then put it into the Fat, turn it at noon and at night, and next day put it into a Trough where Cheefe is salted every day, and turn it as long as any will enter, then

then lay it on a Table or Shelf all Summer; if you will have it mellow to eat within a year, it must be laid in Hay in the Spring; if to keep two years, let it dry on a Shelf out of the wind all the next Summer, and in Winter lay them in Hay a while, or lay them close one to another; I seldome lay any in Hay, I turn and rub them with a rotten cloth, especially when they are old, once a week lest they rot.

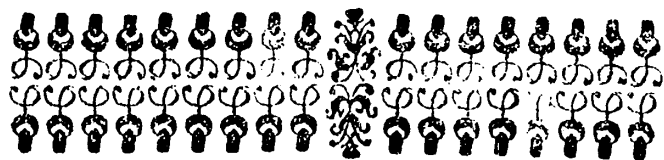
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*To pickle Purslaine.*

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**T**AKE Purslaine stalks and all, boil them tender in fair water, then lay them drying upon Linnen cloaths, then being dried, put them into the Galley-pots, and cover them with Wine-vinegar mixed with Salt, and not make the Pickle so strong as for Cucumbers.

FINIS.



# THE TABLE TO THE Compleat COOK.

<b>T</b> O myke a Posset the Earl of Arundels way	3
To boil a Capon Larded with Lemons	4
To bake red. Deer	ibid.
To make fine Pancakes fryed without butter or lard	5. 115.
To dress a Pig the French manner	ibid.
To make a Steak-pie with a French pudding in the pie.	6
An excellent way for dressing Fish	7
To fricase sheeps feet	ibid.
To fricase Calves Chaldron	8
To fricase Campigneons	9
To make buttered Loaves	ibid.
To	

## The Table.

To marine a Carp, Mollet, Gornet, Rochet or Wale	10
To make a Calves Chaldron pye	ibid.
To make a pudding of a Calves chaldron	11
To make a Banbury Cake	12
To make a Devonshire Whitepot	ibid.
To make Rice cream	13
To make a very good Oxfordshire Cake	ib.
To make a Pompion pye	14
To make the best Sausages	15. 29
To boil fresh Fish	16
To make Fritters	ibid.
To make loaves of Cheefecurds	b.
To make fine pyes after the French fashon	17
A singular good Receipt for making a Cake	ib.
To make a great Curd Loaf	18
To make buttered Loaves of Cheese-curds	19
To make Cheese-loaves	ibid.
To make puffs	20
To make Elder Vinegar	21
To make good Vinegar	ibid.
To make a collar of Beef	22
To make an Almond pudding	23
To boil Cream with French barley	24

## The Table.

To make Cheese-cakes	25, 82
To make a quaking pudding	ibid.
To pickle Cucumbers	26
To pickle Broom-buds	ibid.
To keep Quinces all the Year	27
To make a Gooseberry Fool	ibid.
To make an Oatmeal pudding	28
To make a green pudding	ibid.
To make good Sausages	29
To make Toasts	ibid.
A Spanish cream	30
To make clouted cream	ibid.
A good cream	31
To make Pyramidis cream	32
To make a Sack cream	33
To boyl pidgeons	ibid.
To make an Apple-tansy	34
A French Barley cream	ibid.
To make a chicken or pidgeon pye	35
To boil a Capon or Hen	37
To make balls of Veal	38
To make Mrs. Shelleys Cake	ibid.
To make Almond Fumbals	39
To make Cracknels	40
To pickle Oysters	41
To boil Cream with Codlings	ibid.
To make the Lady Abergaveers Cheese	42
To dress Snails	43

To

## The Table.

To boil a Rump of Beef after the French fashion	45
An excellent way of dressing Fish	46
To make Fritters of Sheeps feet	ibid.
To make dry Salmon Calvert in the boyling	47
To make Bisket-bread	ibid.
To make an Almond pudding	48
To make an Almond Caudle	49, 121
To make Almond bread	ibid. 49
To make Almond cakes	50
Mr. Kudstones posset	51
To boil a Capon with Rancioles	ibid.
To make a Bisque of Carps	53
To boil a Pike and an Eele together	55
To make an Outlandish Dish	56
To make a Portugal Dish	ibid.
To dresse a Dish of Hartichoaks	57
To dresse a Fillet of Veal the Italian way	58
To dress Soales.	59, 68.
To make Furmity	ibid.
To make a Paris or Cabbage cream	60
To make Pap	61
To make Spanish Pap	62
To poach Eggs	ibid.
A pottage of Beef pallats	63
The Jacobins pottage	64

To

To



# The Table.

To salt a Goose	65
A way of stewing Chickens or Rabets	ibid.
A pottage of Capons	67
A Carp pye	69
To boil Ducks after the French Fashion	ibid.
To boil a Goose with Sausages	70
To fry Chickens	71
To make a Batalia pye	ibid.
To make a Chicken pye	72
To make a pye of a Calves head	ibid.
To make Cream with Snow	73
To make Minced pyes	74
To dry Neats tongues	75
To make Jelly of Harts horn	ibid.
To make Chickens fat in four or five days	76
To make Angelot	ibid.
A Persian dish	77
To roast a Shoulder of Mutton	ibid.
To roast a Leg of Mutton to be eaten cold	78
To roast Oysters	79
To make a Sack posset	80
Another	ibid.
To make a Sack posset without milk or Cream	81
To make a stump pye	ibid.
To make Mrs. Leeds Cheesecakes	82
To make taffaty tarts	83
To make fresh Cheese	84
To make Sugar Cakes or Fumbals	ibid.
To hash a Shoulder of Mutton	85
To	

# The Table.

To dresse Flounders or Plaice with Garlick and Mustard	86
A Turkish Dish	87
To dresse a Pike	ibid. 104
To dresse Oysters	88
To dresse Flounders	89
To dresse Snailes	ibid.
To dresse pickle fish	90
To fricase Beef pallats	91
A Spanish Olio	92
To make a Spanish Olio	ibid.
To make Metheglin	94
To make a Sallet of Smelts	95
To roast a Fillet of Beef	96
To make a Sallet of a cold Hen or Capon	97
To stew Mushrooms.	ibid.
The Lord Conway his Receipt for the making of Amber puddings	99
To make a partridge tart	100
To keep Venison all the year	ibid.
To make Brawn	101
To roast a Pike	102
To sauce Eeles	103
To make Sausages without skins	104
To dresse a Pike	ibid.
To dresse Eeles	106
To boil a pudding after the French fashion	ib.
To make a Fricase	107
To make a dish called Olives	108
To make an Olive pie	109

# The Table. F177404

The Countess of Rutlands Receipt for making a rare Banbury Cake	ibid.
An excellent Syllabus	111
To sauce a pig	112
To make a Virginia trout	ibid.
To make a fat Lamb of a Pig	113
To make Rice pancakes	ibid.
Mrs. Dukes Cakes	114
To make fine pancakes	115
To pot Venison	ibid.
To make a Marchpane, to Ice him	116
To make Jelly the best manner	117
To make poor Knights	119
To make Shrewsbury Cakes	ibid.
To make Beef like red Deer to be eaten cold	120
To make pusse	121
To make an hash of Chickens	ibid.
To make an Almond Caudle	ibid.
To make scalding Cheese towards the latter end of May	122
To pickle purslaine.	123

M92

FINIS.